



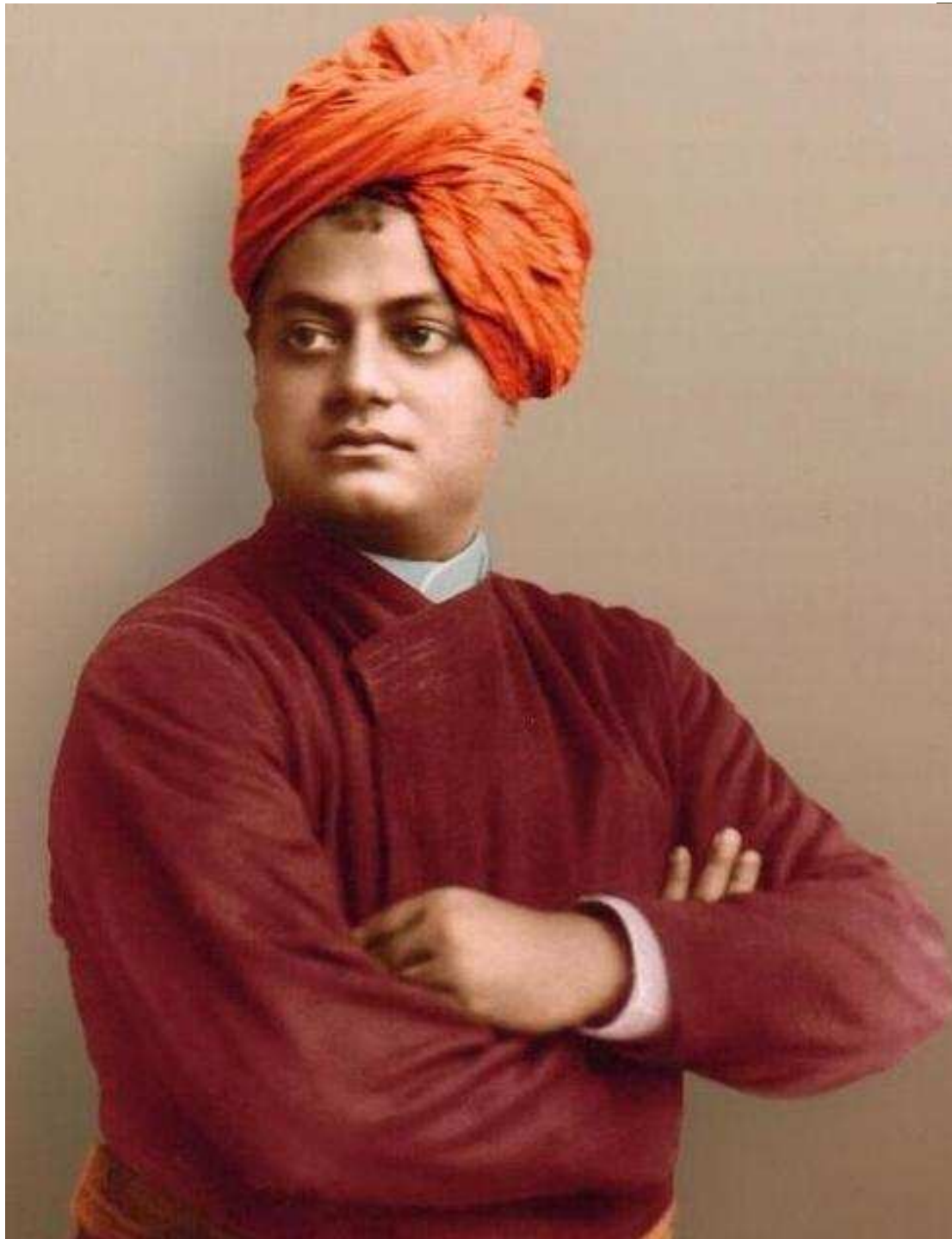
The Power Of Mind



Few people are aware of the thoughts that pass through their minds. Most thinking is done in an automatic manner. If the thoughts are positive, then it is all right, but **if they are negative, they might cause trouble.**

The mind is like small child, who accepts and takes for granted whatever it sees or hears, without judgment and without considering the consequences. **If you let your mind behave as it likes and give it complete freedom, you lose your freedom.** Here are the inspirational story of the mind power.





**Swamiananda, and his disciple
Ranga, were strolling on the
beach by the ocean. After walking
for some time, Swamiananda
stopped, looked at his disciple
and asked:**

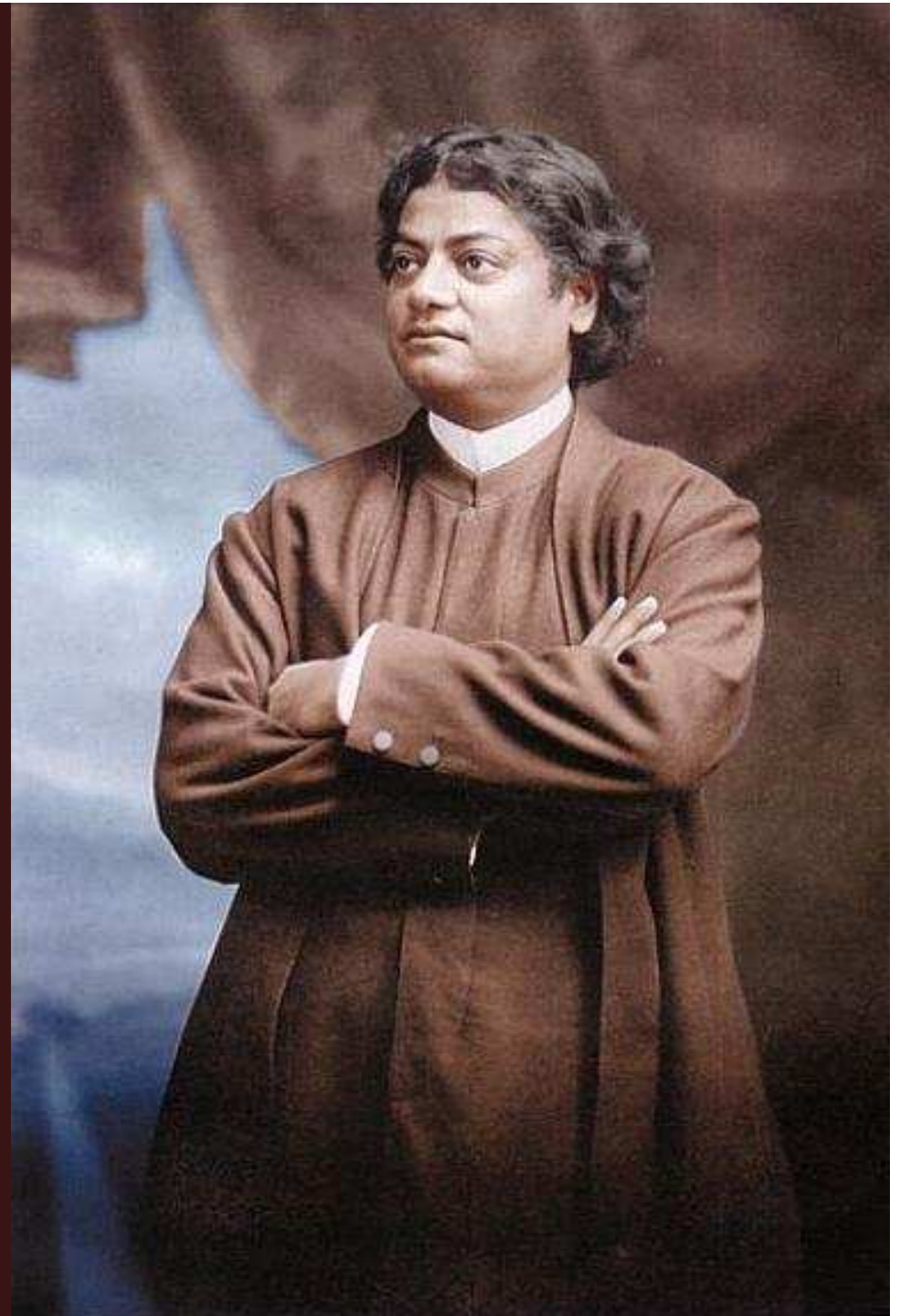
**"What does the choppy ocean
remind you?"**

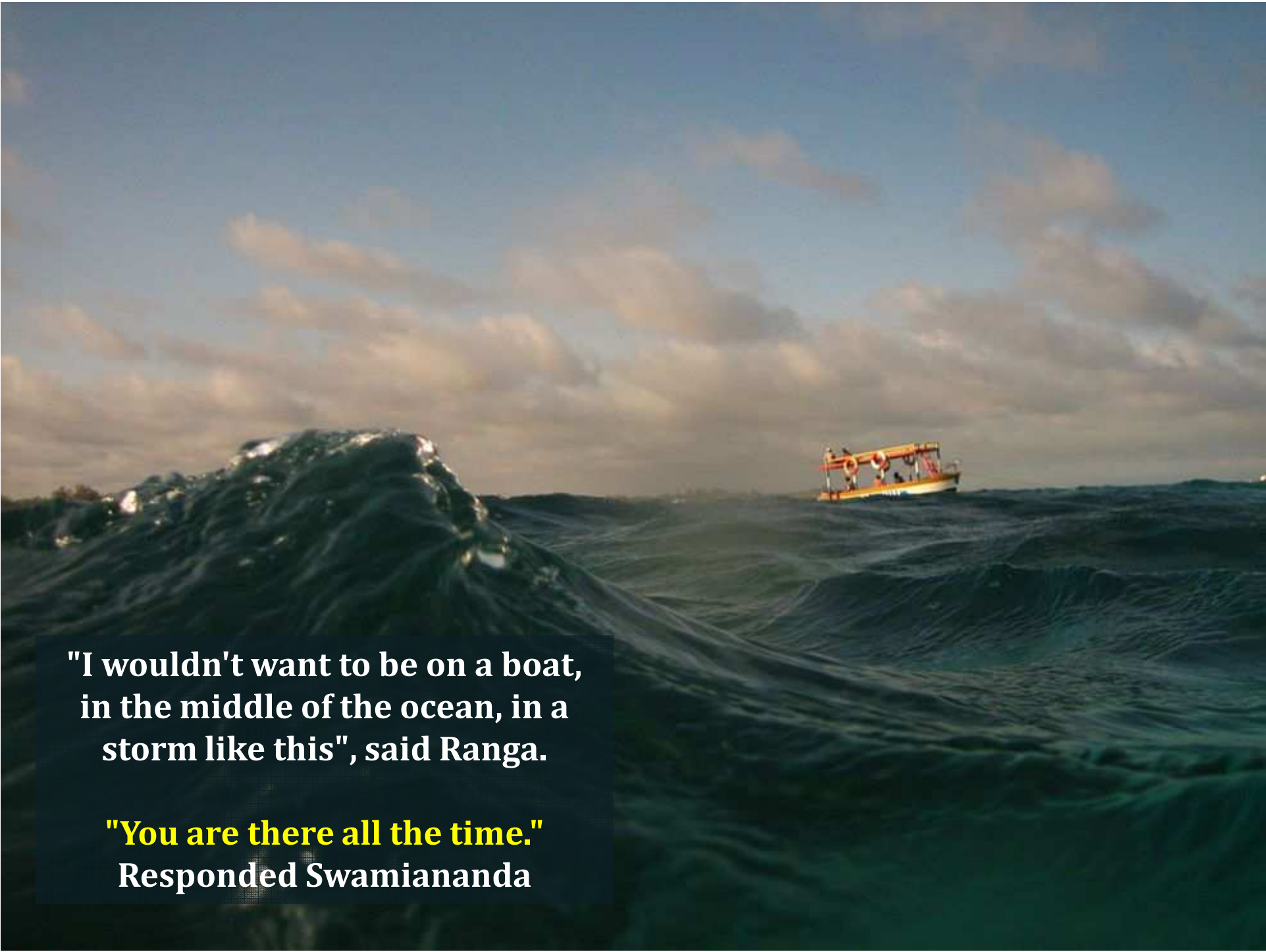
"It reminds me of my mind.
Of my **rushing** and **restless**
thoughts", answered Ranga.



"Yes, the stormy ocean is like the mind, and the waves are the thoughts. The mind is neutral like the water. It is neither good, nor bad. **The wind is causing the waves**, as desires and fears produce thoughts"

- Swamiananda.



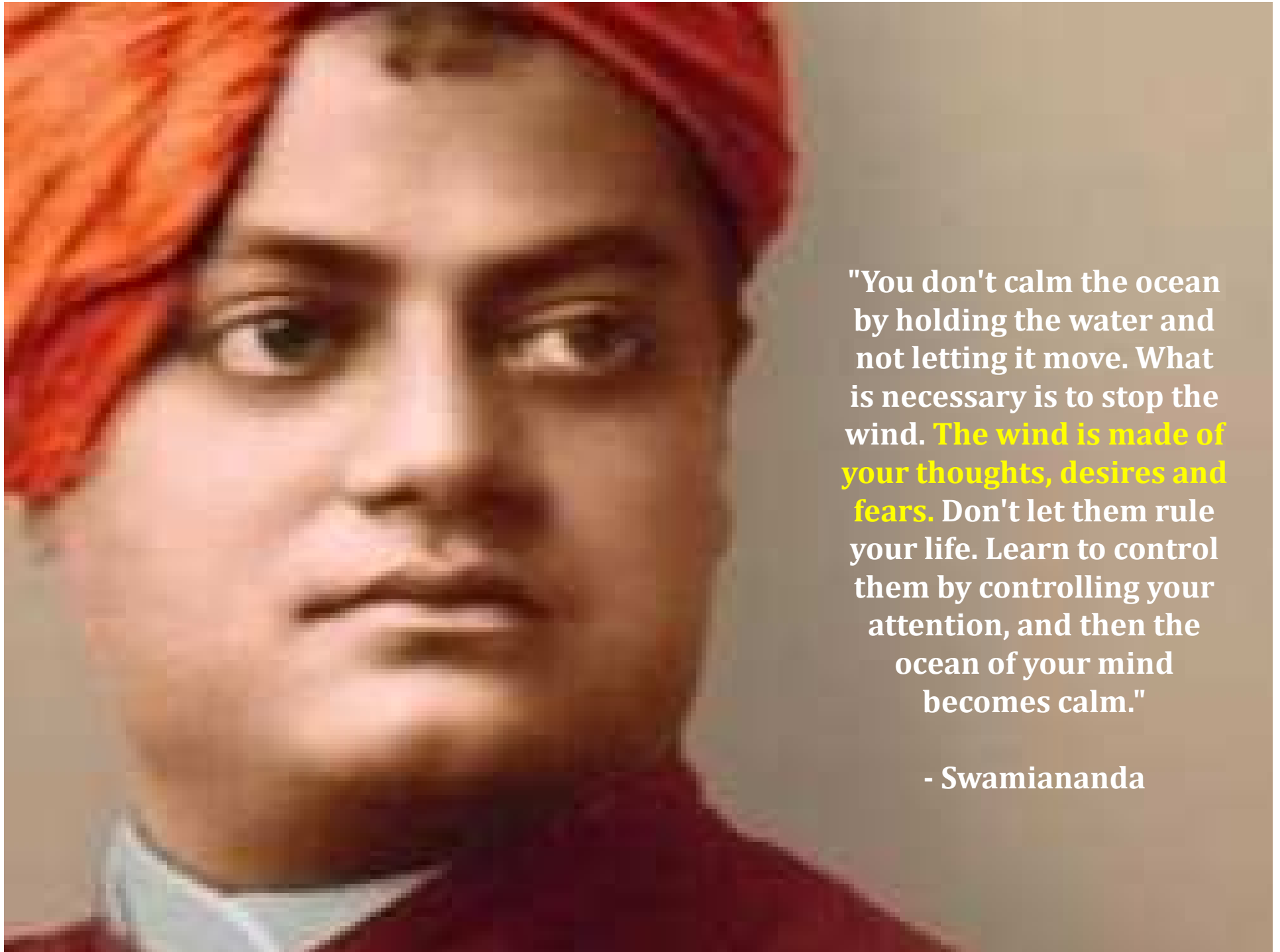
A photograph of a small boat with a yellow and orange cabin, possibly a ferry or tour boat, navigating through a dark, stormy ocean. The sea is filled with large, dark waves, and the sky is a deep blue with scattered white clouds. The boat is positioned in the middle ground, slightly to the right, facing away from the viewer towards the horizon. The overall mood is dramatic and intense.

**"I wouldn't want to be on a boat,
in the middle of the ocean, in a
storm like this", said Ranga.**

**"You are there all the time."
Responded Swamiananda**

"Most people are on a rudderless boat in the middle of a choppy ocean, even if they do not realize it. The mind of most people is very restless. **Thoughts of all kinds come and go incessantly**, agitating the mind like the ocean's waves."



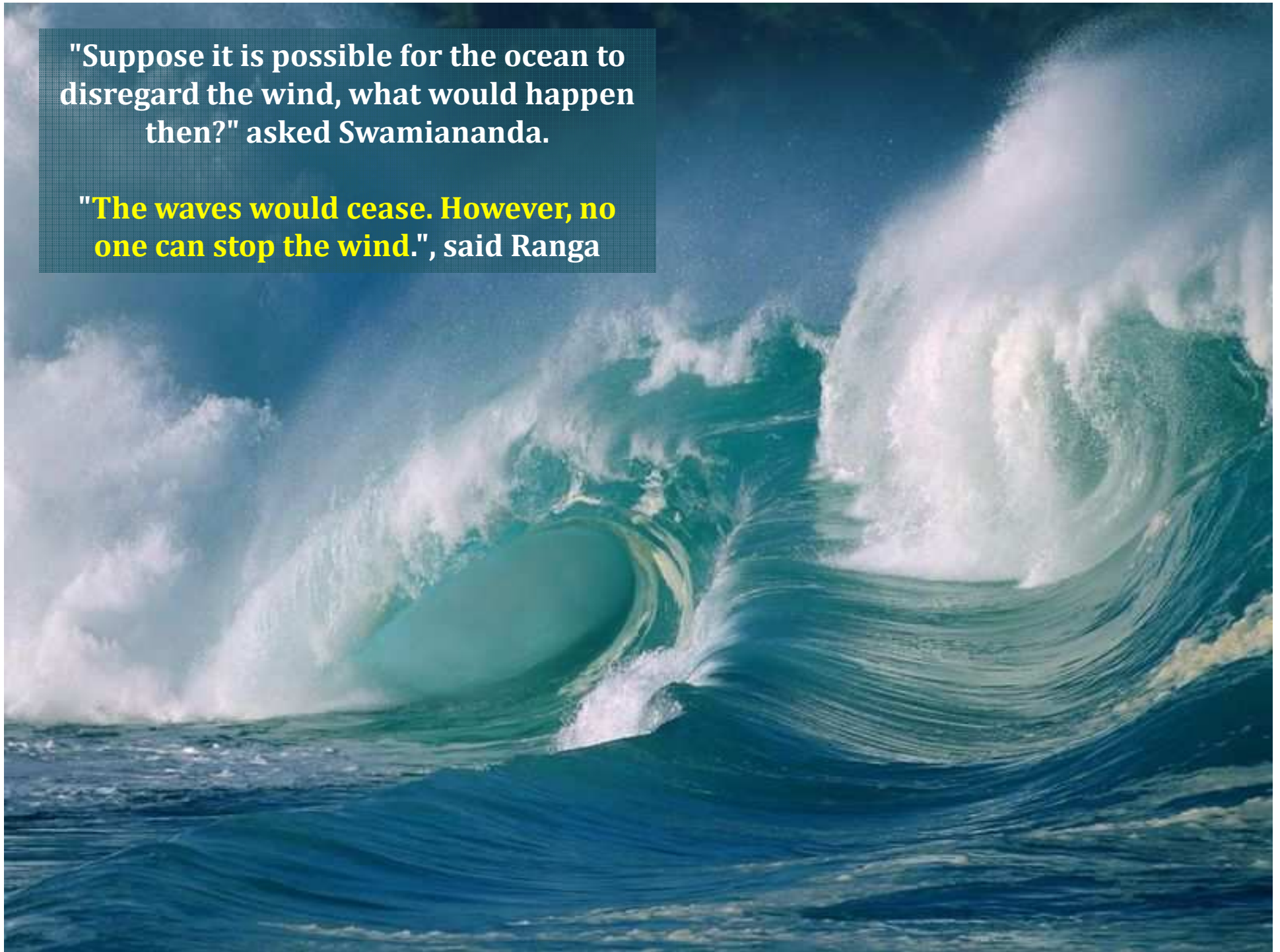


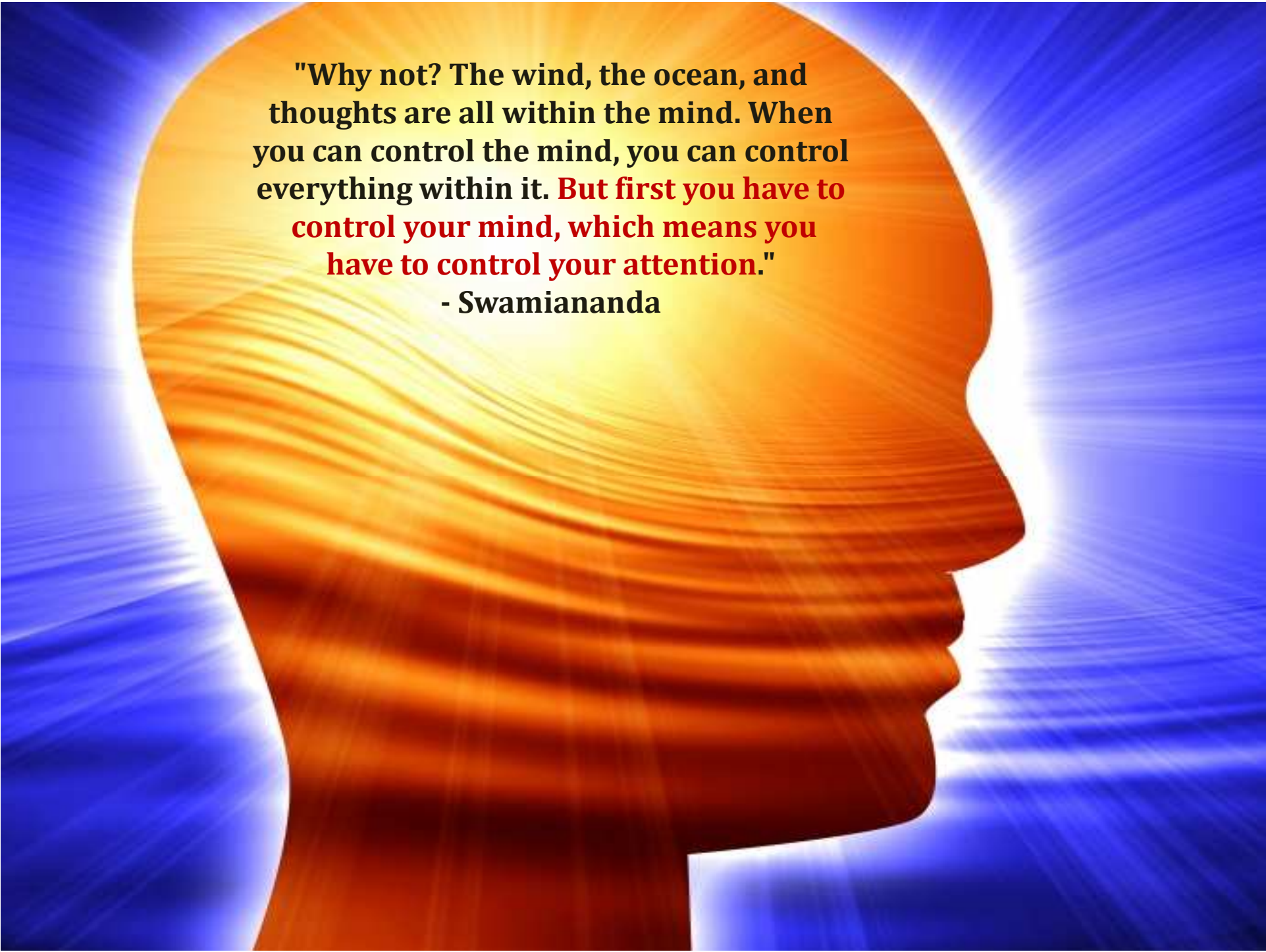
"You don't calm the ocean by holding the water and not letting it move. What is necessary is to stop the wind. **The wind is made of your thoughts, desires and fears.** Don't let them rule your life. Learn to control them by controlling your attention, and then the ocean of your mind becomes calm."

- Swamiananda

"Suppose it is possible for the ocean to disregard the wind, what would happen then?" asked Swamiananda.

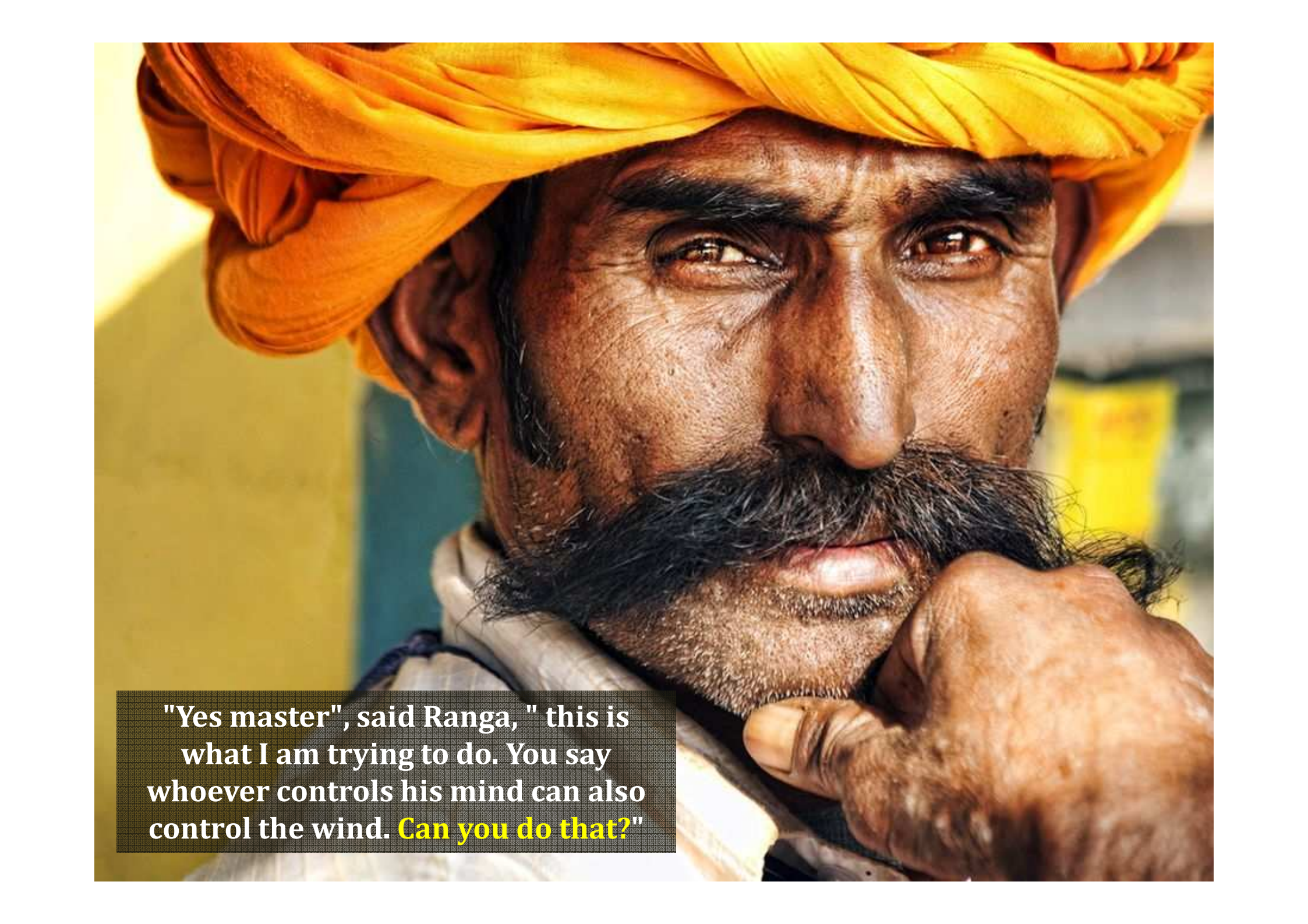
"The waves would cease. However, no one can stop the wind.", said Ranga



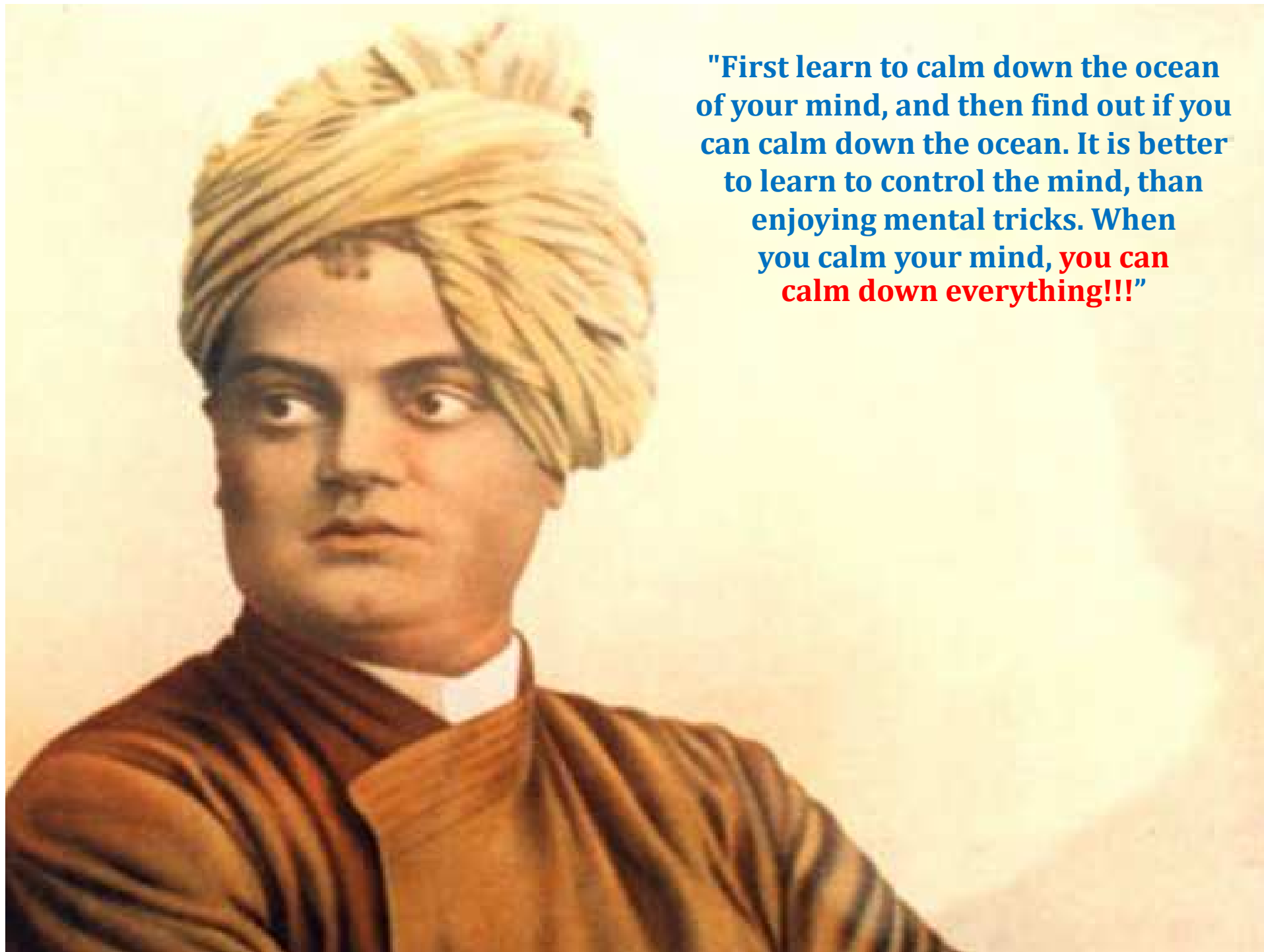


"Why not? The wind, the ocean, and thoughts are all within the mind. When you can control the mind, you can control everything within it. But first you have to control your mind, which means you have to control your attention."

- Swamiananda



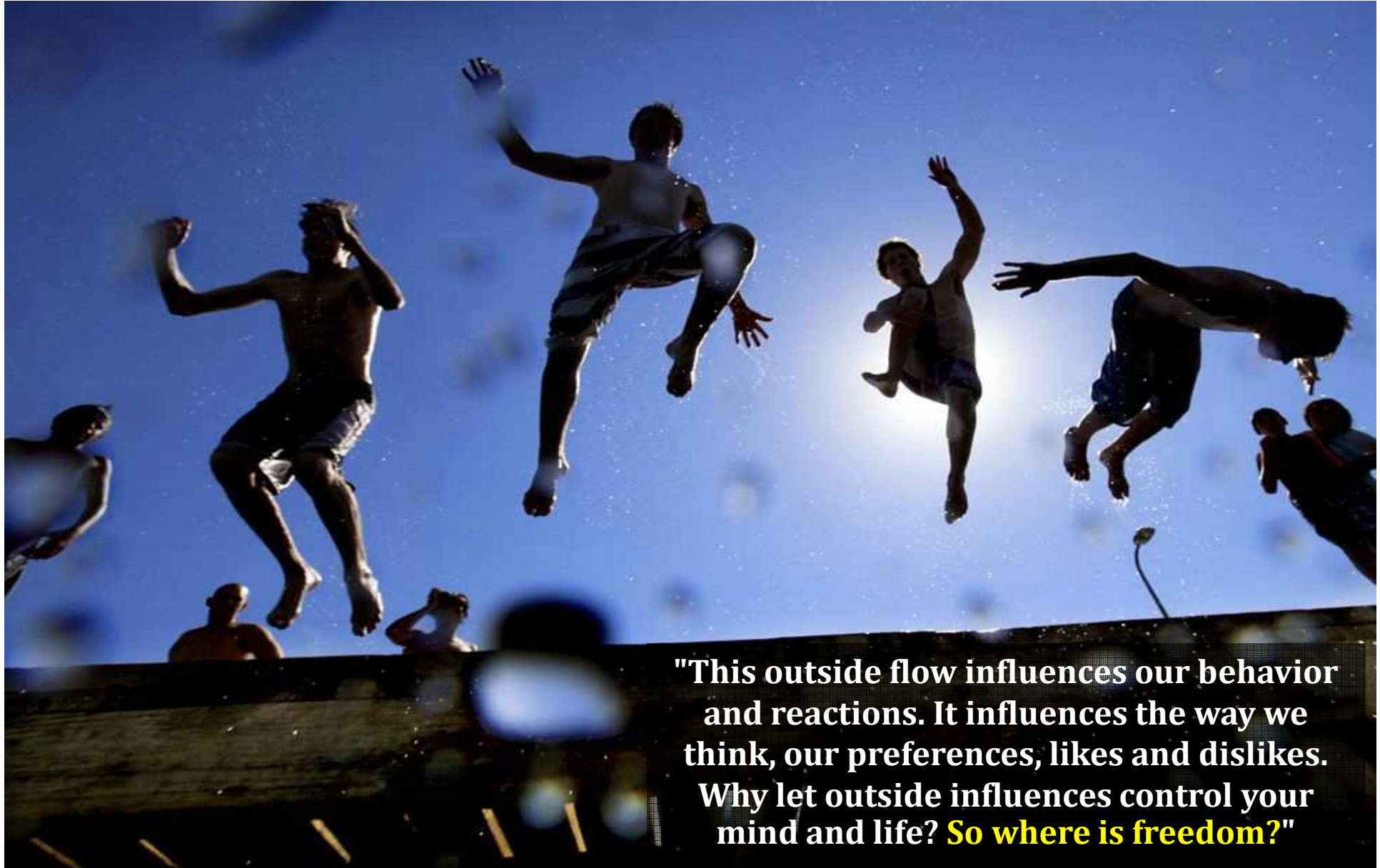
"Yes master", said Ranga, " this is what I am trying to do. You say whoever controls his mind can also control the wind. **Can you do that?**"



**"First learn to calm down the ocean
of your mind, and then find out if you
can calm down the ocean. It is better
to learn to control the mind, than
enjoying mental tricks. When
you calm your mind, **you can
calm down everything!!!**"**

Moral Lesson # 1 : Have the filter to process the thoughts

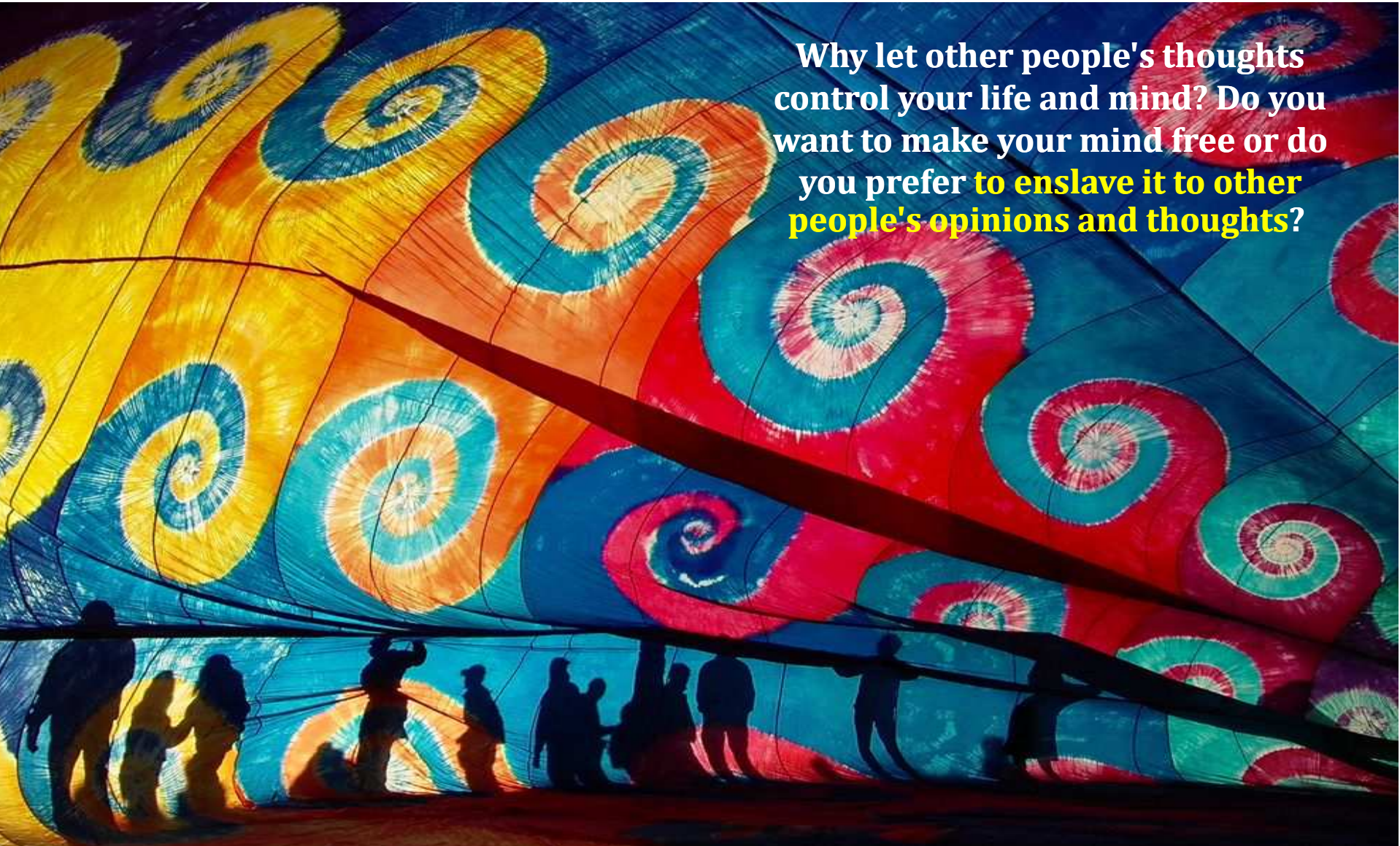
If there is no filter to process the thoughts that enter the mind, there is no freedom. Then all actions are like the actions of a puppet on a string, though no one will admit it.



"This outside flow influences our behavior and reactions. It influences the way we think, our preferences, likes and dislikes. Why let outside influences control your mind and life? **So where is freedom?"**

Moral Lesson # 2 : Don't put your life in other people's hands

If you leave your mind open to every thought that passes by, you put our life in other people's hands, and without realizing it, you accept their thoughts and act in accordance with them.



Why let other people's thoughts control your life and mind? Do you want to make your mind free or do you prefer **to enslave it to other people's opinions and thoughts?**

Moral Lesson # 3 : Eliminate excessive thoughts

Everyone has desires, ambitions and dreams that he or she may foster from childhood. They may be the thoughts of parents, teachers and friends, and which have lodged into our minds, and are carried around throughout our lives.

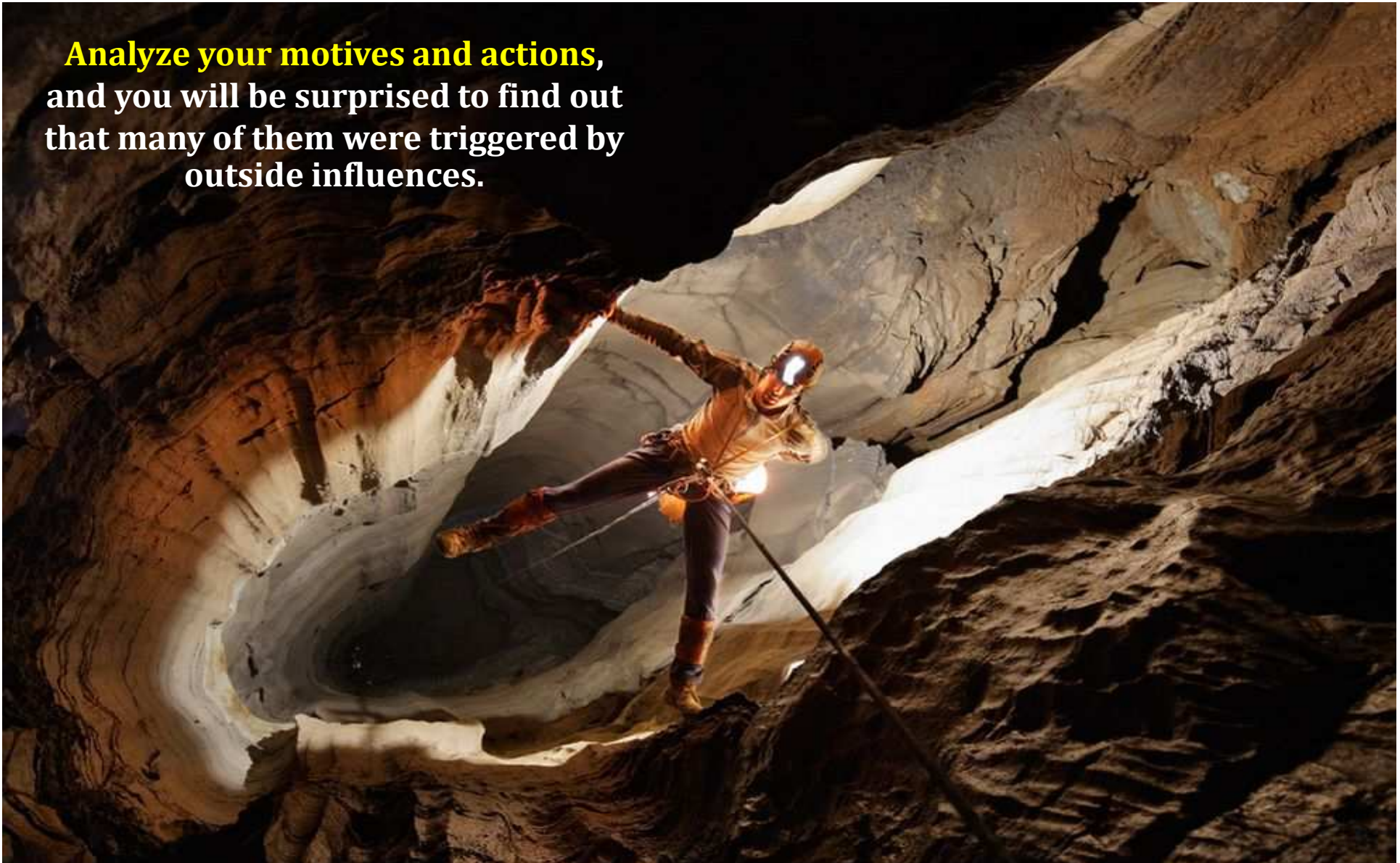
Are they necessary? Do we need all this excessive baggage?



Moral Lesson # 4 : Aware of all thoughts that enter your mind

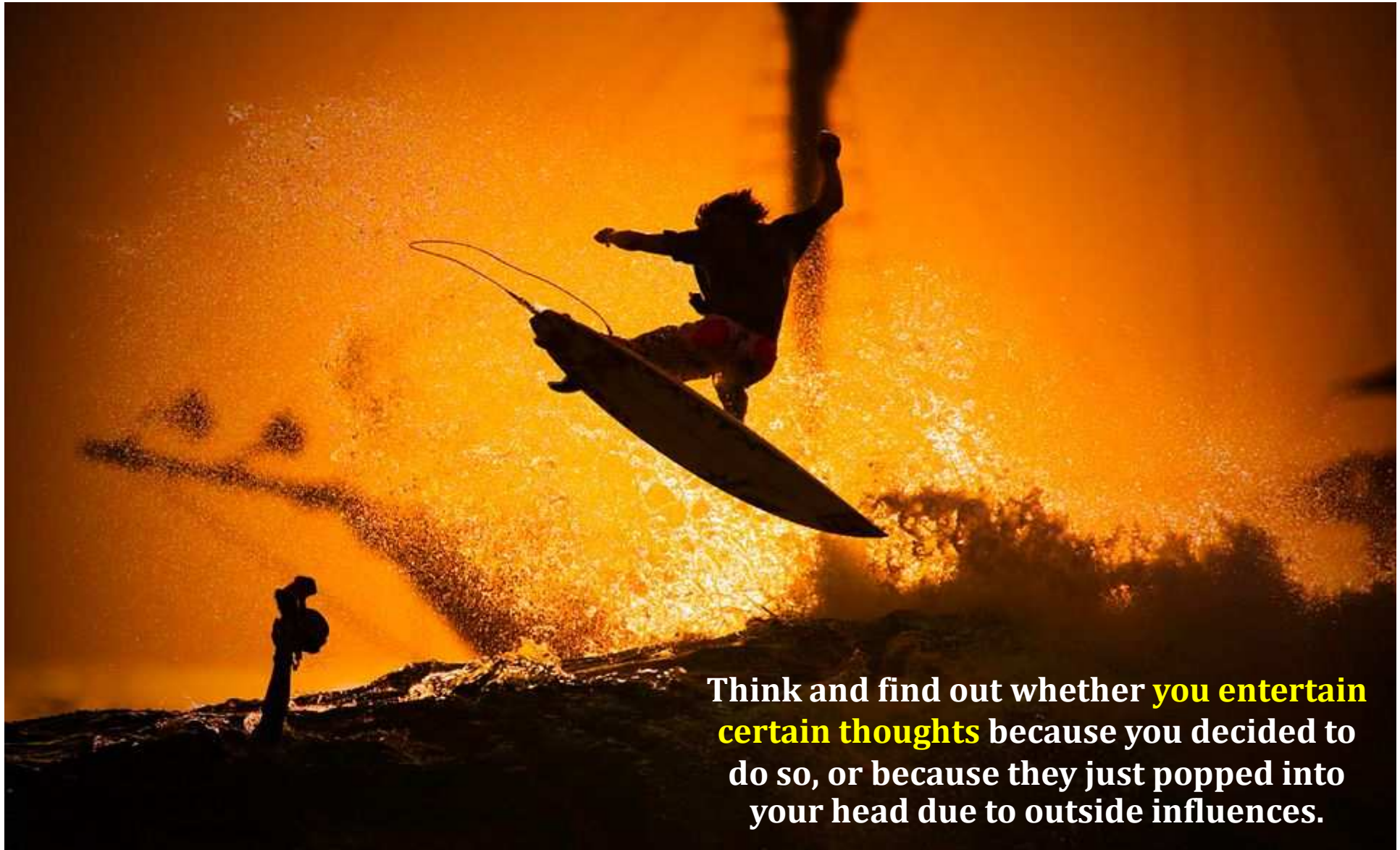
In order to reduce the power of outside influences and thoughts on your life, you need to be aware of the thoughts and desires that enter your mind, and ask yourself whether you really like them, and are willing to accept them into your life.

Analyze your motives and actions,
and you will be surprised to find out
that many of them were triggered by
outside influences.

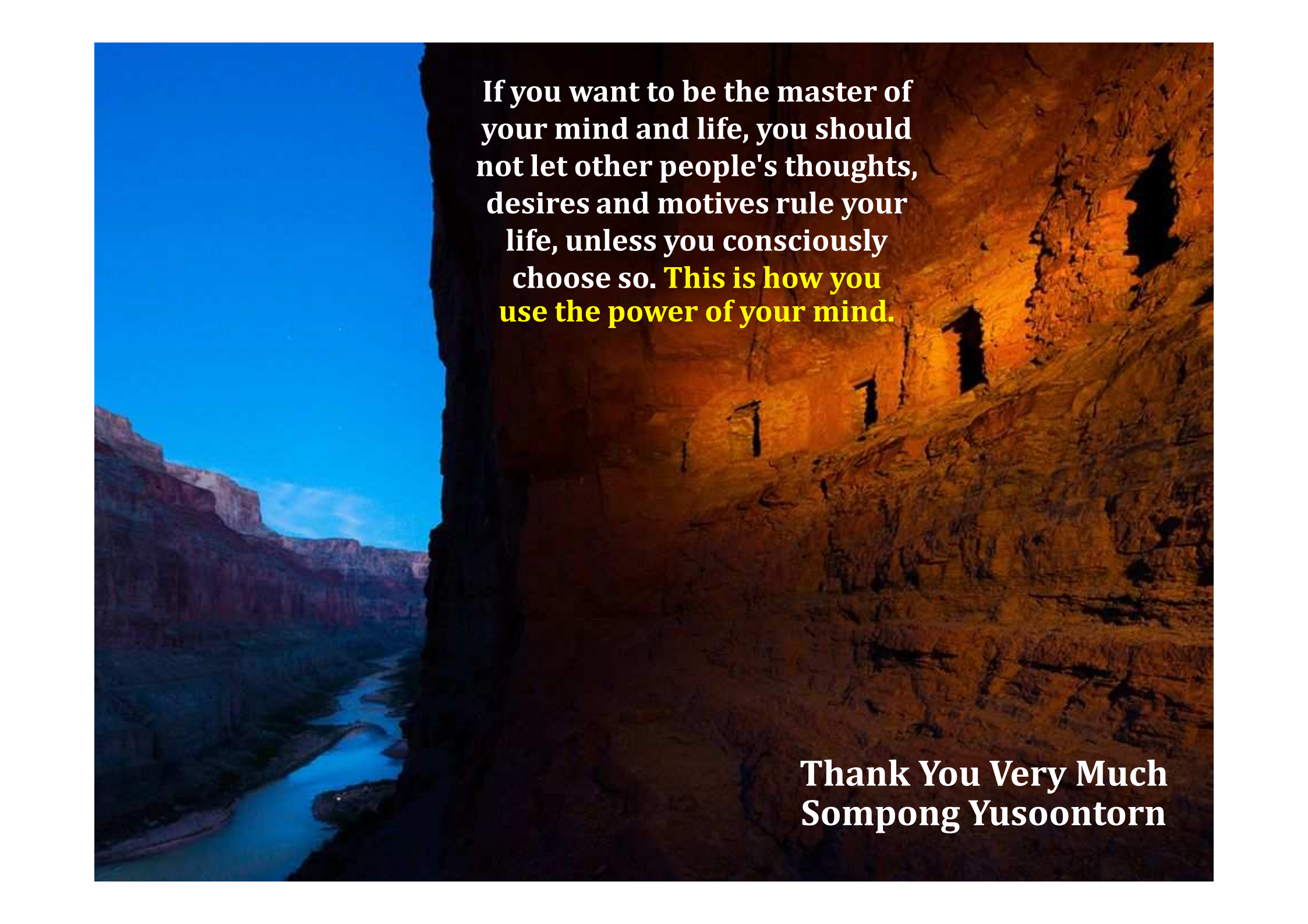


Moral Lesson # 5 : Accept only the good thoughts

Learn not to accept every thought that you encounter. Find first whether it is for your own good to follow it. It may not be so easy at the start, because the mind will revolt against this control.



Think and find out whether **you entertain certain thoughts** because you decided to do so, or because they just popped into your head due to outside influences.



**If you want to be the master of
your mind and life, you should
not let other people's thoughts,
desires and motives rule your
life, unless you consciously
choose so. **This is how you
use the power of your mind.****

**Thank You Very Much
Sompong Yusoonporn**