

# Nitai Sevini Mataji | Making your mind as best friend

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Topic - **Making your mind as best friend**

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Notes -

We can see how king puranadara was attached to the queen. In purport SP said that queen is material intelligence and king is the director of material senses. All are guided by material intelligence. SP said the only way to purify his senses by engaging his mind in the service of lord. Eg ambarish maharaja how he had engaged his senses in the service of lord. This is the basic of spiritual life. We have 2 coverings material body gross body and subtle body. There is not issue with gross body because we can leave this material body but the problem is subtle body because subtle body goes in each body wherever your soul goes. Subtle body will go everywhere unless you reach krsnas abode. Everything is controlled by mind and intelligence. Person of the body is like charior and five horses is like senses and soul is passenger and mind is driver. If we take

Everything is suffering because mind is not in their control but thing is if you don't have spiritual knowledge than you cannot discriminate of mind intelligence and ego. The intelligence or charriot driver must be control the 5 senses and if you want purify our consciousness than engage your mind by mantras, or by reading scriptures and service to vaishnavas than when you start engaging the senses in service of KC than it's the solution to uplift our consciousness. CCP said about mind First M is magnifies the problems.. Mind is very powerful and its very difficult to fight with krsnas energy, mamamaya durutaya. The devotee like arjuna cancalam hi manah krsna - its not possible to control mind I can control wind. CCP said Mind magnifies the problem. So many events happened in our life and make strong inconvenience in our life and it magnifies our problem. Mind adds baggage to past and future and makes our present worst. Its not bad about taking lessons from past for future but mind don't allow to function you properly and always magnifies the problem than Its very difficult to do work in present. Therefore intelligence should be work harder than our mind and senses. Mind is very smart and but intelligence should work smarter and faster than mind and direct mind in different direction. I - Imagine pleasure. Mind is storehouse of many many past experience. Mind will

always bring past experience than you put in that situation which may not be happened. Just like you drive a car that time you won't see everytime to a rear mirror but sometime you see rear mirror to do better drive smoothly. similarly, you can't look at the past everytime but we can see the past to get alert in present.

Neglecting opportunity - if you neglecting to do seva and you are not so enthusiastically doing seva and mind will not allows you to seva properly and you may fall down but you will not falling away. In everyones life person gives up spirituality because of they cannot give up anarthas that over power you when you are angry. Mind will definitely demotivate you. We get knocked up by mind but we need to take shelter of Krsna and holy name so that you can get motivated to get up and fight. Mind will not allows us to take shelter to holy name. The moment you try to chant japa or to do kc than mind will give all reason why you are doing this and why you are doing that. Mind will always demotivate you and exaggerate you to stop japa and keep away you from seva and chanting and taking shelter of krsna

Denying the true - mind will not allow you to surrender krsna and will gives all kinds of argument that to bewilder self that time we need to take shelter of mentors or guru or krsna or scriptures or holy name. When you read different pastimes of krsna and devotees than that would motivate you. BG says mind will be greatest friend and greatest enemy. So make mind as your best friend and it becomes so loyal to you. If mind is uncontrolled it will become havoc in your life. If mind is your best friend than mind will guide you in every situation this is bad don't get diverted. To counsel your mind than you need purify your mind and intelligence. SP said just ignored the mind. Example if a lion is controlled in circus, Similarly, Our mind should be controlled like a lion in circus than it can be subdued or controlled. For example in cricket players are appealing to empires so umpire doesn't bother it. So he looks at game and based on that he gives decision. Whether out or not out third umpire gives decision. That third empire may be mentors or guru or krsna that they gives guidances. If we see on our level we may not see in a neutral level so we need 3rd umpires. We are not able to detached that time we can take help from others to guide us in proper direction. Main problem is that our mind is not peaceful because mind is not trained and chanting of holy name of krsna makes mind peaceful. Govinda das said bhajuremana sri nandanandan we need to control our mind by taking shelter of krsna. R goswami said vaco vegam Our mind is very restless if you keep our mind in stimulus and protecting austerity and so on... padasevanam dasyare..first you control your mind, engage your mind in hearing, preaching, puja, worshiping, and keep doing that and ultimately mind will become purified, There is no other way to control the mind except to engage in the service of krsna. Mind is

like a potential threats for us to deviate us from KC but If we add krsna in our life than we assured that we are safe and krsna protects us.

Sometime mind take on pep talk so convinced your mind in the service of krsna and mind is always seeking our attention and the only way to engage our mind is to engage in krsnas service.

Bhakti purna maharaja said Mind is wicked suddenly he diverts our mind. SP said, If you want to do kc alone than you are insane, You cannot do spiritual life alone. We need association of devotees. The moment u associate in devotees you are safe and mind don't attack you. But the moment you get alloof from devotees than mind will come to attack you. Your independent passion is very dangerous. We cannot be independent in kaliyuga. We need association of devotees and we should learn from scriptures because scriptures are headlight so that it will help you to warn you don't do this and do this. Because we get misguided by mind we cannot able to take shelter of scriptures and krsna. Devotees are taking guidance of devotees, krsna or guru than it becomes managable to mind. But if you take fully shelter of mind than it creates havoc. Take shelter of krsna and chant regularly and study scriptures than you can understand and can control the mind and by that time you can able to purify your mind.

Thank you very much  
Hare Krishna