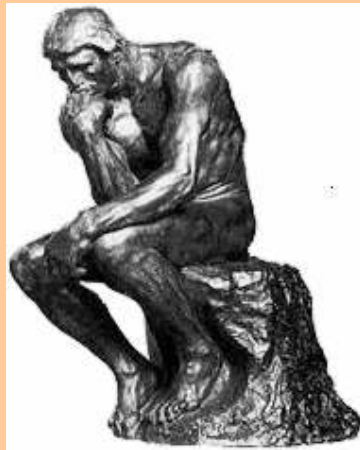


# THE SPIRITUAL SCIENTIST

An Ezine for Those Who Think

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## BECOME A POSITIVE THINKER



“The mind is such a thing that it can make heaven out of hell and hell out of heaven,” remarked William Blake. The state of our mind determines the state of our life. We live with our minds lifelong. So it is vital for us to learn to tap the power of the mind.

Central to mind management are intelligence and vigilance. All the sacred scriptures caution us to not succumb to the mind’s short-sighted urges for instant pleasure or relief. The Bhagavad gita, the essence of all Vedic wisdom, explains that the best way to deal with the mind is to treat it as a person different from ourselves. We need to see its opinions, which are often detrimental to our long-term self-interest, as different from ours and critically examine its ideas, just as we would examine the ideas given by someone else. But the mind proposes its thoughts, desires and emotions so subtly and irresistibly that we unthinkingly consider them to be our own and indiscriminately act on them. Only when faced with the consequences do we regret, “Why did I act so imprudently?” Needless to say, due to the mind.



Mind management is both a science and an art. We can classify the mind’s thoughts into four categories– positive (joy, peace), negative (hatred, envy), routine (steering our vehicle through the traffic, wearing our dress) and waste (daydreaming, needless nostalgia). Most

of the thoughts our mind comes up with are either waste or negative, which results in absentmindedness or depression respectively. If we carefully watch our mind, we can reject the negative and waste thoughts – or, better still, replace them with positive. Many of us may be consciously or subconsciously attempting this. But we will often find ourselves acutely bankrupt of positive thoughts, because often things do go wrong and people do behave unreasonably, and our mind tends to glue on the negativity around us.

Just as a substantial bank balance can help one avoid bankruptcy, similarly a readymade reservoir of positive thoughts can help us avoid mental poverty. Real positive thinking is possible and indeed natural when we understand the positive purpose of our existence. We are all souls, spiritual beings, covered temporarily by two material coverings – the gross visible body and the subtle invisible mind. As souls, we are all beloved children of God and are meant to rejoice in eternal loving exchanges with Him. Reciprocation with God’s limitless and selfless love therefore is the source and essence of all positivity. We can most easily and effectively experience God’s love for us and express our love for Him by chanting His Holy Names. God being omnipotent fully manifests Himself in His Names and gives us the strength to reject negative and waste thoughts. As we practice chanting more and more, we will find a flood of love, peace, joy and wisdom washing away all the negativity of the mind. Millions of people worldwide have found the maha mantra Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare especially empowering in harnessing the mind. Even scientists have confirmed that chanting increases the endorphin level and decrease the adrenaline level, which leads to peace of mind and overall good health. We can chant any name of God – Jehovah, Allah, Buddha, Krishna – as per our choice and experience similar benefit. The advice of the great saint Srila Prabhupada, founder-acharya of ISKCON, can be our guiding light “Chant and be happy.”

