

Balavikas Youth Competition 2021 Recitation

Elementary I

Naturally the work becomes excellent. Excellent work shall produce excellent results. We cheat ourselves from our successes by our unintelligent dissipation of the mind, in our over-anxiety for the fruits thereof. Krishna is giving a tip to Arjuna. Here is a wonderful field for you to achieve and in achieving do your duty, fight out the battle! Let every arrow go and hit the point that you want to hit. Don't worry about the future. Don't evaluate that their army is larger than our army. Will we win? Don't dissipate, I mean distract your mind. Keep your mind calm and serene. Your anxiety must be to excellence...it is the goal. Learn to work thus, with your mind where your hands are working. We don't do it. We work with our hands and our mind is wandering all over. So, the hand that is working is a mindless hand. Mindless hand cannot afford to expect any great results. Think! Keep your mind where your hands are functioning. Be here now and act. We are never here. We are everywhere but not here. Think! Either we are wandering in the past, "I should not have done it...I don't know why I did it!" or you are in the future, "Will I get the result...". You are never here and now. Think! Learn to be here and now. Bring all your mind and your attention and awareness there where the hand is doing a job. The performance will become excellent. Excellent performance will always give you excellent results.

- Swami Chinmayananda
Mindfulness