

Balavikas Youth Competition

2020 Recitation

High School

In our last discussion we found that the entire personality complex is maintained and run by the vasanas, and that they are generated by our egocentric contacts with the world of objects. In passionate hunger for sense gratification, when one's personality runs out in extroverted seeking and clinging to the joys of sense-objects, the sensuous vasanas increase in one's personality composition. The more these subconscious urges and motivating factors in an individual, the more grows his surge of desires, and the more become the devastating agitations of the mind. And in such an individual the sense organs cannot remain withdrawn and quiet. They must gallop on towards indulgence in the sense objects that promise but perishable moments of pleasure.

Once a desire is gratified, there is not going to be a permanent satisfaction: it only kindles more desires, more thirst. Therefore, the subtle thinkers of the past rightly advised the seekers who are striving to gain mastery over their mind, "My son! Towards all objects give up every trace of attachment. This is the secret means of winning over the mind."

Our attachment to the objects makes the objects powerful, and then the objects come to rule over our mind. He, who is seeking to master his mind, must therefore learn to live without entangling himself in the endless meshes of attachments by which his personality gets irretrievably bound to the objects and beings around him in his life. Thus, when the seeker gets attached to the goal of conquering his mind, all his other fascinations automatically end and completely drop out of him. The more his attachments to the external objects, he now realizes the more wild and uncontrollable his mind will be. The very goal he has now chosen, the conquest of his mind, helps him to curtail, regulate control, and ultimately annihilate all his "clinging attachments" to the world outside.

Man clings only to things that he understands contain some joy for him. Thirst for happiness is natural with every living organism in this universe. The murderer expects happiness for himself after the killing of his enemy; the drunkard believes that his happiness is in his bottle; the devotee finds his happiness in his prayers; the poor in searching for crumbs, and the rich and the powerful in trying to gain economic and political domination over the whole world, all are seeking their individual fulfillment in happiness. This "thirst" (trishna) is a built-in urge natural to all thoughtless men. A little quiet contemplation and self-inquiry can reveal that the outer objects do not contain what we are demanding, and that our demand is not really for these objects. Yet, all of us dissipate our energies in this futile, mad quest, with quixotic fervor, consistent foolishness, and charming idiocy. We refuse to think.

- Swami Chinmayananda
Conquering the Mind