

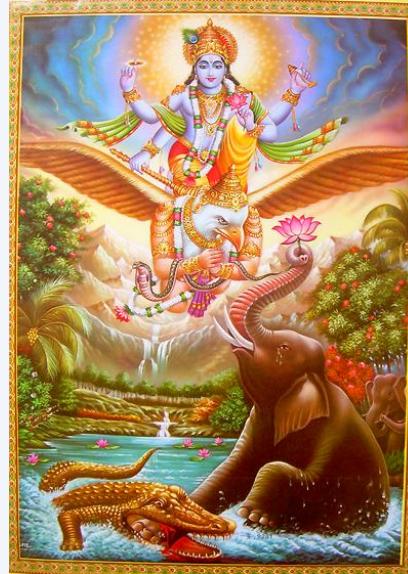


# The Art of Mind Control

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**Srimad Bhagavatam 8.3.1:**

*evaṁ vyavasito buddhyā  
samādhāya mano hṛdi  
jajāpa paramaṁ jāpyaṁ  
prāg-janmany anuśikṣitam*



# The Art of Mind Control

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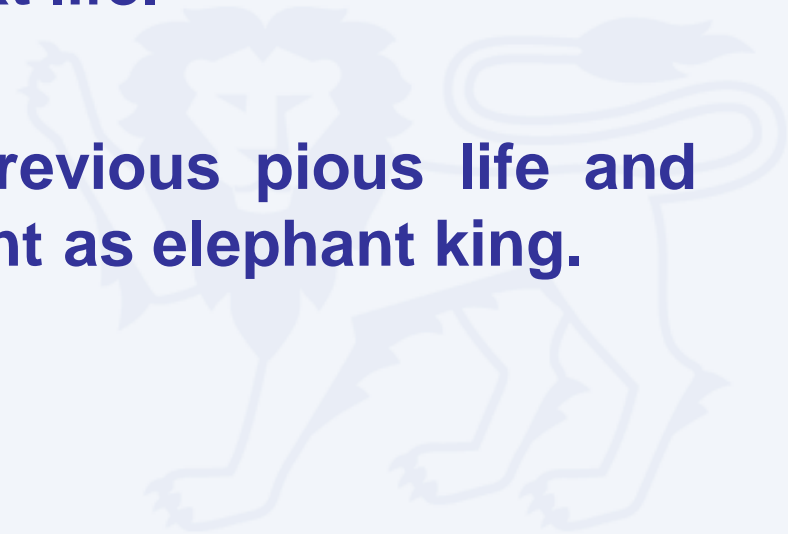
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## Translation

*Sri Sukadev Gosvami continued: Thereafter the King of the elephants, Gajendra, fixed his mind in his heart with perfect intelligence and chanted a mantra which he had learned in his previous birth as Indradyumna and which he remembered by the grace of Krishna.*

## Story of Gajendra

- In previous life was a great and pious King Indradyumna.
- Suffered reversal in life – in the form of a curse.
- Became an elephant in his next life.
- Had no recollection of his previous pious life and commenced sensual enjoyment as elephant king.



# Gajendra's Calamity

- Enjoyed in the Trikuta mountains and sported in the lake with retinue of wives, children, friends ,generals etc.
- Disturbed massive crocodile who attacked and caught hold of his leg in its jaws.
- Death-like vice grip that refused to release.
- Gajendra's attempts at escape are futile.



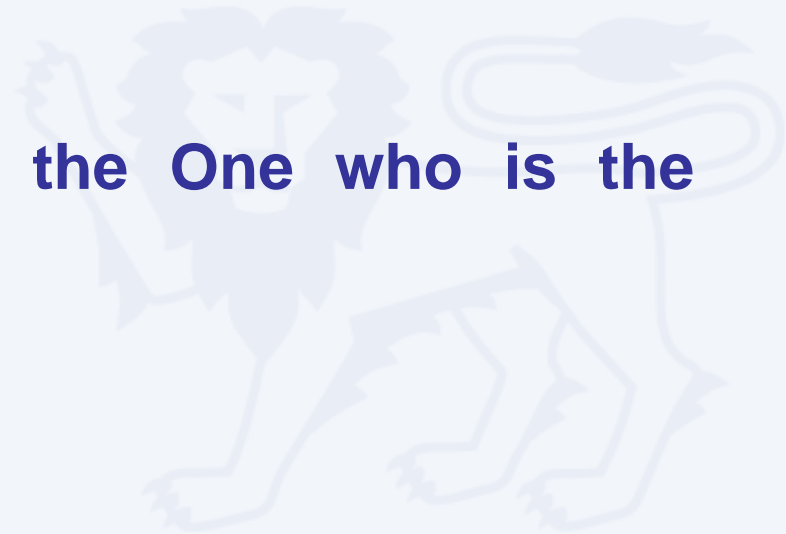
# Gajendra's Realisation - I

- 1,000 years of struggle – ended in failure.
- All his kinsmen, wives, children, all that was dear left him to die.
- Alone, with the crocodile binding him – he begins to think as follows:-

*“I am in a precarious life threatening situation, and no one can offer me solace nor genuine help. It is not their fault, but the will of Providence that I am caught.”*

## Gajendra's Realisation - II

- “This crocodile represents the network of this material world – it binds us”
- Gajendra - land animal
- Crocodile – aquatic
- “I will thus take shelter of the One who is the Source of all shelters”



## Gajendra's formula to come out the Calamity

**“Fixed his mind in his heart...”**

**(a) Fix – implies steadiness – not oscillation – 1.5.14  
of the Bhagavatam**

***“Whatever you desire to describe that is  
separate in vision from the Lord simply  
reacts with different forms, names and  
results, to agitate the mind as the wind  
agitates a boat which has no resting place.”***



## Nature of Mind

### 6.34 of Bhagavad Gita:

*“The mind is restless, turbulent, obstinate and very strong, O Krsna, and to subdue it, I think, is more difficult than controlling the wind.”*



## Formula to fix the mind

### 6.35 of Bhagavad Gita:

***“Lord Sri Krsna said: O mighty armed son of Kunti, it is undoubtedly very difficult to curb the restless mind, but it is possible by suitable practice and by detachment.”***



# Suitable Practice

- **Conditioning of the self.**
- **Practice of Devotional Service.**



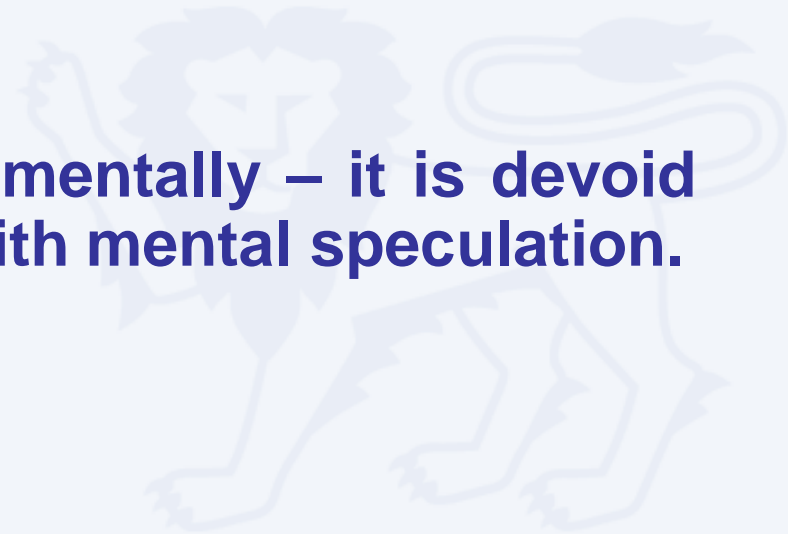
# Detachment

**Gajendra attained that state when he realised that he was circumstantially helpless and no one and nothing could help him – we must accept that we are alone in this world – each of us must flap our own wings then fly nicely in formation.**



## **“...in his heart ...” - I**

- **Secret to controlling the mind lies in the heart.**
- **Heart is the seat of the Lord as Supreme and Silent Witness.**
- **Heart is the resting place of our conscience, morality and sincerity.**
- **When we perform an activity mentally – it is devoid of genuine feeling and filled with mental speculation.**



## **“..in his heart...” - II**

- **The ethics of honesty**
- **The Emperor and the Seeds**
- **10.14.3 of Bhagavatam:**

***“Lord Brahma said: O My Lord Krishna, a devotee who abandons the path of empiric philosophical speculation aimed at merging in the existence of the Supreme and engages himself in hearing Your glories and activities from a bona fide sadhu, or saint, and who lives an honest life in the occupational engagement of his social life, can conquer Your sympathy and mercy even though You are ajita, or unconquerable..”***

## Intelligence – next door neighbour to the mind and the soul - I

**‘...with perfect intelligence...’**

- **10.10 of the Bhagavad Gita reveals how we obtain perfect intelligence.**

***“To those who are constantly devoted to serving Me with love, I give the understanding by which they can come to Me..”***



## Perfect Intelligence - II

**15.15 of the Bhagavad Gita:**

***“..I am seated in everyone’s heart, and from Me comes remembrance, knowledge and forgetfulness...”***

- \* Once we are sincere in our devotion to the Lord, and free from speculation, as Gajendra was, then Lord guides our mind and us from within with intelligence and how to approach Him.**



## How to obtain this knowledge?

- **Not externally, but internally**
- **Product of previous pious activities**
- **Gajendra regained memory of mantras chanted during his previous birth**
- **He had no education, no qualification but he achieved this**
- **Result: the mantras saved him - caused his mind to focus and be fixed on lotus feet of Lord**

**“...he remembered by the grace of Krsna...”**

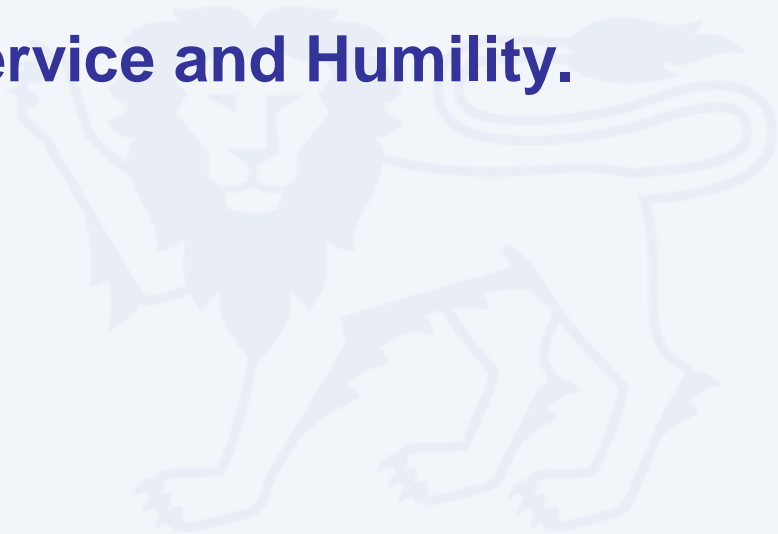
- **The key to controlling the mind – the grace of the Supreme Lord**

**How does grace operate?**



## “...grace of Krsna..”

- **Grace of Lord comes on the platform of His attraction to your sincere efforts to link with the Supreme Being.**
- **Yoga is the way to the Lord.**
- **Yoga of Love and Devotion, Service and Humility.**



## Lessons from an elephant - I

- **Devotion has no barrier nor material qualifications.**
- **Sincerity of purpose and honesty is only.**
- **Qualification needed to fix the mind.**
- **Krsna is “bhava grahi janardana” – He takes the essence of your devotional mentality and attitude, not the result.**
- **Squirrel in Ramayana.**

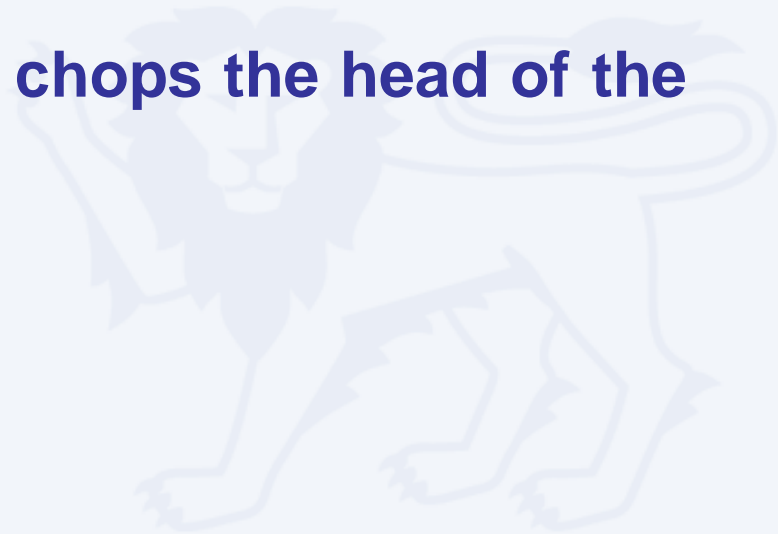
## Lessons from an elephant - II

- **Mind's only resting place is on the Mantra**
- **Meaning of mantra**
- **Mahamantra**
- **There is no loss to practicing devotion to the Lord-  
you carry it into your next life**



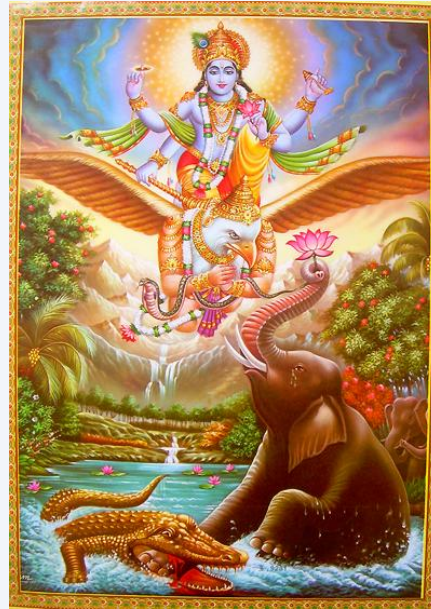
## Conclusion to the story - I

- Gajendra chants 32 mantras glorifying the Lord.
- At the end of his prayers, with great feeling from his heart, despite being in great pain on account of his leg trapped, Gajendra offers a lotus flower to the Lord, a sweet and simple gesture.
- Lord comes to the rescue and chops the head of the crocodile off.



## Conclusion to the Story - II

- The history of the crocodile – King Huhu.
- One who holds the feet of a devotee is favoured greatly by the Lord.
- Gajendra returns to the spiritual world.



# QnA

Website: <http://sites.google.com/site/BgitaNUS>