

51
Binding Mind
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*“Manam eva manushyanam
Karanam bandha moushayed
Amrita Bindu Upanishad (A.B.U.-1)*

“Mind is the cause for
Bondage and freedom of Man”

Mind binds. Mind liberates. Impure mind blinds. Pure mind liberates. Actions of body are nothing but reflexes of mind. What mind feels is expressed by the actions of mind. Emotion in mind is expressed as Motion of body.

Impurities of body can be washed away by cleaning with water. Water sweeps away the dirt on the body.

Impurities of mind can be washed away with clean water of equanimity and detachment equanimity sweeps away the impurities in mind.

“I”ness and “my”ness are two dirt particles which sticks to mind. They not stick but lick the mind. The mind which is thus licked and stuck becomes a biased mind with craving and hating.

“My-I-Non-Detachment” is the MIND.

Purify the mind by transcending from “My” to “Yours” to “Ours” to “Everyone’s”. Transcend from “I” to “You” to “We” to “all”. Transform the “I” of the Mind to “Eye” of the Intellect. “Eye” the “I” and move high.

When “I” in mind is strong ego shines and self is suppressed.

When “I” in mind is removed and “eye” of intellect is strong Self Shines and ego is mitigated.

When Mind is pure it becomes like a clear glass and light from the Self Shines all around and intellect, Mind and body become bright. Darkness of impure mind, which is bondage is replaced by the Brightness of Pure mind, which is freedom.

There is a Simple and practical way to purify the mind.

That Simple way is way of love. Forget and Forgive. Give and Get. Accept and Assure. Offer and Receive. Forget what harm one did and Forgive what help one did not give in the Past., Give help and Get help now.

Accept other and Assure future. Offer your self and receive whatever occurs.

This is love, love is forgetting and forgiving, love is getting and giving. Love is Accepting and Assuring, love is offering and receiving, when this Path of love is fallen mind becomes pure and spirit of self will pass through the intellect which will shine like a great light, which will beautify the fountain of love, which will add value to the useful actions in Service of all.

Love, learn, live and liberate your species – the “Man”.