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HOW TO CONTROL YOUR MIND

According to Swami Vivekananda, an uncontrolled mind leads to all the negativities in life. A controlled mind frees us from such thoughts. It is the concentration that differentiates men and animal. Also the difference in concentration-power makes one man different from another. We commit blunders because we waste about 90% of our thought-force which is never done by a controlled and trained mind. Do good things whole heartedly by giving your mind and soul to it.

Self awareness is the best way to control one's mind. Through will power and determination the mind can be stopped from wandering. But to keep the mind under control you have practice and repeat some principles over and over again. Practice of controlling one's mind should be done twice a day especially in the morning and evening as those are the calmest time of the day. You will be astonished to see that each day the mind's vagaries will start decreasing and becoming less volatile.

Tips to control mind

- Sit quietly and let the mind wander where it wants to go. Keep a strong faith that you are watching your mind drifting in all random directions. The mind is not you or I. Now try connecting with God but not with any worldly thing or relationship. After some time you will see that your mind is calming down like a serene lake. This will slow down the wandering of mind. Each day practice this and identify yourself. With time your mind will be under your control.
 - Be a man of moral value as pure mind is easy to control than an impure one.
 - Controlling mind is not a one-day job. It needs a regular and systematic practice. It comes under control when there is a feeling of oneness with God.
 - Your body is a weapon. Consider it very strong. Consider your mind to be very strong as only with strong mind and body you will be able to cross the ocean of life. Have a strong faith in yourself, your body and mind.
 - Be spiritual. This will make you happy and your mind will be under control.
1. **Love Is The Law Of Life:** All love is expansion, all selfishness is contraction. Love is therefore the only law of life. He who loves lives, he who is selfish is dying. Therefore, love for love's sake, because it is law of life, just as you breathe to live.
 2. **It's Your Outlook That Matters:** It is our own mental attitude, which makes the world what it is for us. Our thoughts make things beautiful, our thoughts make things ugly. The whole world is in our own minds. Learn to see things in the proper light.
 3. **Life is Beautiful:** First, believe in this world - that there is meaning behind everything. Everything in the world is good, is holy and beautiful. If you see something evil, think that you do not understand it in the right light. Throw the burden on yourselves!
 4. **It's The Way You Feel:** Feel like Christ and you will be a Christ; feel like Buddha and you will be a Buddha. It is feeling that is the life, the strength, the vitality, without which no amount of intellectual activity can reach God.
 5. **Set Yourself Free:** The moment I have realised God sitting in the temple of every human body, the moment I stand in reverence before every human being and see God in him - that moment I am free from bondage, everything that binds vanishes, and I am free.
 6. **Don't Play The Blame Game:** Condemn none: if you can stretch out a helping hand, do so. If you cannot, fold your hands, bless your brothers, and let them go their own way.
 7. **Help Others:** If money helps a man to do good to others, it is of some value; but if not, it is simply a mass of evil, and the sooner it is got rid of, the better.
 8. **Uphold Your Ideals:** Our duty is to encourage every one in his struggle to live up to his own highest idea, and strive at the same time to make the ideal as near as possible to the Truth.
 9. **Listen To Your Soul:** You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.
 10. **Be Yourself:** The greatest religion is to be true to your own nature. Have faith in yourselves!
 11. **Nothing Is Impossible:** Never think there is anything impossible for the soul. It is the greatest heresy to think so. If there is sin, this is the only sin - to say that you are weak, or others are weak.
 12. **You Have The Power:** All the powers in the universe are already ours. It is we who have put our hands before our eyes and cry that it is dark.
 13. **Learn Everyday:** The goal of mankind is knowledge... now this knowledge is inherent in man. No knowledge comes from outside: it is all inside. What we say a man 'knows', should, in strict psychological language, be what he 'discovers' or 'unveils'; what man 'learns' is really what he discovers by taking the cover off his own soul, which is a mine of infinite knowledge.
 14. **Be Truthful:** Everything can be sacrificed for truth, but truth cannot be sacrificed for anything.
 15. **Think Different:** All differences in this world are of degree, and not of kind, because oneness is the secret of everything.