

Mind and its manifestations

Mrs **Nirmala Periasamy's** Talk about Mind and its manifestations on 16-11-13 at our **AUETAA** House was sublime and was appreciated by many who had come and attended irrespective of the rains which lashed Chennai that day.

The flow of thoughts constitute the mind and is identified with the brain that is a physical organ which is tangible and coordinates all the vital body functions. The mind serves as the primary conscience while the brain serves as the secondary conscience. Both of them work together simultaneously like a computer hardware and software. . You are what you think all day long. Your mind can be your best friend or worst enemy, so it is imperative that we should be careful what thoughts are going in to our mind all the time. When we are in the womb the mind does not come in to picture. When we were born we were exposed to the external world where the 5 senses came in to play -- Smell, Taste, Vision, Touch and Hearing and being born as a human being we have that faculty of discrimination. Stimuli from the sense organs feed the mind and conditions the mind and it is best illustrated by the slang computer programing acronym "GIGO" that means garbage in = garbage out !! What one could also learn from this is Good in = Good out. It is best to keep the thoughts pure and conditioning the mind to love, be free, be at peace be full in the state of Bliss and most importantly do service to humanity as service to humanity is equal to service to God. Happiness is in the Being and Success is in the becoming and if one adheres to concentrate more in setting Right the Being by thinking good thoughts, peace, Happiness and Success would automatically be ensured. Yesterday is History, tomorrow is a mystery and Today is a gift and that is why it is called Present. In the Present is where your Power lies.

The goal of every goal desired by everyone of us is to be happy and at peace with one's self. Everyone of us would like to be in the Higher Self, the inseparable ray of the Universe but mostly get trapped in to the Lower Self (The ego). "Ego as some one said is Edging God out or Good out !!" Attention to the ego consumes the maximum amount of energy. When your internal reference point is the Spirit or Formless then you are very Free and Fearless. The best way of connecting to the deepest core of yourself "The Formless or the Spirit" is by Prayer. "Prayer can be a means of connecting to the deepest core of yourself. Prayers are answered when the individuals subconscious mind responds to the mental picture or thought in his or her mind. The lower self keeps pulling the higher self and ever trying to derail it and almost all the time succeeds !! Most of the times we stay in between the higher self and the lower self which we could call as Middle self just for our understanding. Freud compared the mind to an iceberg where only a small percentage of the layers of the mind is exposed and the remaining hidden, the hidden portion is called the subconscious mind. When one feels physically or mentally disturbed the best thing is to let go, relax, and still the thought process and tell the subconscious mind to take over in peace, harmony and divine order. The master secret of the ages is the Secret when one determines the

miracle working power of the subconscious mind. Tap the subconscious mind and one could find the solution to any problem.