

# Address to Youth

(Sri Swami Dayanandaji's lectures)

*Continued from May 2019 issue...*

*In the previous issue the topic of cognitive and emotional mind was discussed. It is continued here.*

## **Mind Understanding**

The motion in the fan, revolution of the blade - you call an action. My talking to you is an action. What is the difference between these two actions? One is, it does not know what is being done, whereas I know what I am doing. My action is a voluntary action. I choose to speak. I have the choice to speak or not to speak or speak whatever I like. The working of a fan is not voluntary. It does not know what it is doing.

Can we call the motion of the fan an action? No. It is actually a 'reaction'. It is a chain of reactions. Fan is set to revolve because there is a motor and a built-in energy. It is set to revolve 100 times a minute. Motor itself has no knowledge that "I am revolving 100 times per minute". Suppose it knows. Imagine there is a mind. It knows it can revolve. Then it will use its mind to revolve at different speeds. Sometimes it will stop by itself, because it is conscious. Like a human it can take rest. So, we understand, motor is a machine and its function of an action is mechanical reaction.

A skilled person is not going to work exactly as you expect from a machine. His/her action is non-mechanical. That means, it is a conscious action. You are a conscious person. You choose to act. Action comes from your own will. This is beautiful. As long as you take care of the car, motor will function to the setting that you fixed. It is mechanical. But ours is an action.

All that we do, can we say are actions? No.

Even though anything you do is action there is a subtle difference between **action** and mechanical action (called **reaction**). Talking, walking, eating, reading are all **actions**. Playing cricket is action. Some reflex action during play also is an action. In cricket for a bouncer you duck or hook. It may be quick actions, yet actions. Suppose you quarrel with someone. In the beginning it is action. You say 'don't do that'. It is an action. When you say "Stop it". It is little bit action and little bit reaction. When you hit him, it is **reaction**. Reaction is something over which you lose control. Reaction is an action over which you have no control. That means it is mechanical. It happens. It happens. Many things in this creation 'happens'. Energy is converted into motion. It happens. Clouds gather - rain happens.

Water finds its level. It flows down. It is a happening. That is how things are. Diamond was originally carbon! Did coal decide to become diamond? No. It happens. What is lead? It was originally uranium. It goes on giving up its rays (radio-active). Then it reaches a stage when it is so light, free from radio activity, after giving up the energy. It undergoes 14 stages before becoming lead. Uranium did not decide to become lead. That happens as per the laws of creation. Whose will is it? Not mine, nor yours. Nor it is coal's or uranium's.

If there is a will in this, whom does it belong to? "God only", we say. It is God's will. In all these you find it is a mechanical action. We also do actions but sometime, mechanically. Actions happen, because somebody said something I kicked. Action or reaction?

When I say, 'Come on clap'. You can clap or you need not or clap differently. If I say, 'Come on be angry for a second'. What will you do? 'Be sad for some time'? I can ask you 'pretend to be sad'. Then you can oblige, because it is an action. That is why it is called acting, not reacting. On the stage, when he has to cry, he has only to act. But in real life can you cry voluntarily? No. If I ask you to pretend crying, you can do.

Suppose on the stage the actor loses himself while acting the role of an angry person and started calling others by names. He got angry because he took it seriously. Is it an action or a reaction? Anger, frustration, jealousy, despair are all reactions. But one is set to behave consciously. To be conscious is to be a human being. One must be choosy in one's actions. Thus one needs to keep doing the actions deliberately.

One great omission in the human life is this one (i.e. taking care of the mind). Anything you use, you take care of it. Like a car, you maintain it. Your clothes, you daily wash them. Your body, you take bath every day. Your house, you clean it, because you are using them all. Similarly if you are using your mind, then it needs to be taken care of. But how to clean it, maintain it? No one talks about it. So the caring for the mind is very important. Taking care of mind is to understand our own ways of thinking and be conscious of them.

If I am angry, I should know why this anger is coming. If the anger is against any specific person, let there be a deliberate action not a mechanical reaction. Do not let out the reaction on the person, but punch a sand bag (for example) and let go the anger. Once the anger is let out, do a deliberate action against the person. It then becomes an action by a conscious entity. Caring of the mind is to distinguish an action from a reaction and vice versa. The best way to have a certain capacity over your mind is to just checkup whether you are your own master or not. How to check up?

Every now and then, one will come across situations where one may be impelled to react - act mechanically. Stop. Give some space - time pass. Have regular dialogue with mind to check up whether I am the master or not. Say 'no' to mechanical reaction. Then consciously act as the situation warrants, but without anger or other emotions. Eventually one will gain mastery over mind. Then every situation will bring-in deliberate action. No more reaction.

## **I am with what I do**

We talked about the difference between what you consciously do (action) and what happens to you (reaction). You speak consciously. Then it comes from your own way and from your understanding. That is an action. It can be improved upon. You can learn from it. You speak to communicate. The result is other person's understanding. If the other person misunderstands, then you learn from your action (that you consciously did). You can learn from your experience of your not communicating well. Then you can learn how to communicate well. Action is conscious. Conscious actions help you learn.

When we are conscious about what we talk, then we can use right words. If you do something and afterwards you think, I should have done differently and talked differently, it is a problem. When I do a given thing, I should be with it. This is rule number 1, for growing without complex. I am with what I do. Doing consciously. Eat consciously. When you eat, you are supposed to eat and not talk. This is our culture. So eat consciously. When you talk, consciously talk.

To grow with certain self-esteem about yourself, is to be conscious of what you do. You know even if there is mistake. Mistake is not a problem. Repeating it is problem. For want of knowledge you may commit mistake. To err is human but repeating it is a sheep like action.

When there is a flock of sheep coming, you hold a stick. First one will jump. Second will jump. You take out the stick. Still the third, fourth, fifth.... will continue to jump. So is the mind. Doing same thing again and again is because you are not there at all. When you are not there, mind is elsewhere.

When one is conscious of what one is doing, (whether talking or acting, writing or reading or eating or playing) even if you are less talented but more concentrated, you can do well. On the contrary - more talent, less concentration, one cannot achieve. Highly talented person but he fails because of lack of concentration. So one has to be there with what one does for healthy growth. Then there will be self-esteem.

Lack of concentration of mind leads to mechanical action in turn results in under-performance and loss of self-esteem. Over a period, criticism against repeated failures becomes a triggering point for further mechanical actions. Thus one gets in to vulnerable situations. How much talent one may possess, such vulnerable area becomes the weakest point, exactly like a chain's weakest link determines its overall strength, even though other links are strong. One needs to be aware of one's weakest or vulnerable area to avoid mechanical reaction. Discovering vulnerability is fore-armed.

I am with what I do. That will result in an 'action'. Otherwise it will only be mechanical reactions leading to afore-mentioned problems of lack of self-esteem etc.

You are what you think of yourself. What others think is of no significance for you.

**...to be continued**