

THE MIND IS A RASCAL

Kill your mind before your mind kills you!!

by
AiR



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I Thought My Mind Was King.

*I Thought My Mind Was
Everything. Until One Day I
Searched For My Mind. Where
It Was I Could Not Find!*

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PREFACE

I always thought that my mind was king, and it was the most important treasure I possessed. In fact, I thought I was the mind. It was me. Until one day, I realized that the mind is a rascal. It is a mischievous monkey. It stops us from realizing the truth about life. I always believed my mind until I realized that I should use my intellect to realize the Truth.

After living for over 50 years, I suddenly realized a truth. It was something that I never believed before. I realized that 'I' will never die and published two books on death. The body will die but I who was alive never die. I further realized that 'I' am not 'I'. I am not the ego, mind, body that I always thought I was. I realized this when I went on a quest to find out - "Who am I?" As I published another book on this, I realized that my quest for happiness, my search for meaning and purpose of life was being blocked by a rascal - my own mind!

While we all seek happiness, we are not happy ALL the time. We experience waves of joy and sorrow as the rollercoaster of life leads us from womb to tomb. We think that we "live", but most of us "exist" because we are prisoners of our own mind. We are caged in prisons of

misery and sorrow because we have misunderstood the mind to be our best friend, when in reality, it is our enemy. It has made us think that we are a body, mind and soul led by our ego, but this is not true. We always believed that whatever the mind thought was true, but that was wrong.

I was shocked to realize this startling and unbelievable fact that my own mind was my biggest enemy. I started to take control of my mind and overcome it. I realized I had no option because if I didn't, it would destroy me, with all the myth and illusions it produced, enveloping me in ignorance.

We humans would never accept the fact that it is our mind that stops us from realizing the truth. But it is true. The mind is a rascal. It is a thief. It is a monkey in our head that makes us live a life of illusion. It is this trickster that holds us back from going on a quest and realizing the truth about life.

Our journey on earth is short - the average lifespan between birth and death being about 75 years. Instead of understanding life and its purpose, we are distracted by our mind and we waste this treasure of being born as a human being. We live without realizing who we are, where we came from, where we will go after death, what is our life purpose, and how we can live with peace and joy.

In this book, I share my understanding of the “Mind” and my own personal experience of how I transcended it. I share my realization of the truth and how I killed the rascal, my own mind. It doesn’t die that easily, but at least, I have been able to put it behind prison bars so that I could escape from a cage where it imprisoned me. I wanted to live a life of bliss, tranquillity and joy, and I realized that it was my own mind holding me back.

Join me on an exciting journey to discover the mind and you will be shocked to realize that the mind that you hold in such high esteem is actually your own enemy. If you are committed enough, you too can go on a quest and discover the truth about the “Rascal Mind”. You too can live a life without fear, worry or anxiety. You can kill the rascal and live with peace, joy and bliss!

The Rascal Mind is not 'ME'...
It is my Enemy!

PART A

The Mind Is King!

It Is Everything!

The Mind Is King! It Is Everything!

The mind is everything! Don't we believe that the mind is King? Of course, the world believes that the mind is of primary importance. We have been taught that we cannot live without the mind. Even without understanding what the mind is, where the mind is, we have subscribed to the belief that the mind is king. It is time to stop, analyse and understand the truth about the mind.

What is the mind? We think that it is that part of us that enables us to think and thereafter to feel and be conscious of our surroundings. It is the mind with which we experience life. Different people define the mind differently. Some confuse it with the brain, the intellect, or the memory. But the mind is a specific function or activity of our body.

The primary job of the mind is to think. It is a "thought factory" that constantly produces thoughts, just like a popcorn machine produces popcorn. It is said to produce up to 50 thoughts a minute. We don't realize it, but this can be up to 50,000 thoughts a day. People wonder why the mind thinks so much, but that's how we are designed. The eyes see, the ears hear, the nose smells, the tongue tastes, the skin touches, and the mind thinks.

The mind produces all kinds of thoughts: good and bad, positive and negative, peaceful and anxious, calm and

angry, friendly and hostile. In fact, it is the mind that keeps us going through the faculty of thought. The mind joins the 5 senses that interact with the world to perceive things around us. It also desires, and wants this and that, primarily to be happy. No normal mind would produce a thought to desire something that will make one unhappy. However, the mind inadvertently makes us unhappy because every time it produces a thought that desires or craves, it also produces misery. All the thoughts or cravings are not fulfilled. Some desires are achieved and we become happy, and when they are not, we become disappointed. We continue to live with waves of joy and sorrow. We attribute our happiness or unhappiness to the mind because the body cannot desire without the mind. It is the mind that transmits messages of desire and its consequences of joy and sorrow.

Can we live without the mind and thoughts? We could exist, but it would hardly be called living. A human being is what its thoughts make it. A human being comes alive with a body, mind, heart and soul. Some people question the existence of the mind.

Does the mind exist? Of course, it does. What a ridiculous question! Everybody has a mind. We know it. You think with your mind, don't you? But while the mind definitely seems to exist, it is not clear where exactly it is and what

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distinctly constitutes the mind. It seems that a life without a mind is impossible.

The mind is very powerful. Unfortunately, the mind is considered to be everything subtle that the body possesses. We consider the mind to be the thought factory that produces thoughts. We think it is also the memory that remembers everything we do and recalls it on demand. The mind is considered to be the intellect that discriminates and decides. The mind is also believed to be the one who perceives and feels. The mind, which thinks, remembers, recalls, discriminates, and feels, is looked upon as the controller of the body. Therefore the mind is everything! But is that true?

If we analyse the mind, it is different from several subtle functions of the body. The mind is a thinker with a primary function of generating thoughts while we are awake. It dreams while we sleep. The mind is not the intellect. The intellect is another subtle function of the body that gives us the ability to discriminate between right and wrong. We should not confuse it with the mind. The mind only produces thoughts, but the intellect discriminates between these thoughts. Even the memory that is connected to the mind is a different domain. It has a specific function to memorize and recall. The mind produces thoughts, but it is the memory that records these

thoughts. Therefore, while there is no doubt that the mind is very powerful, it tricks us into believing that it is everything – the mind, the memory and the intellect, which it is not.

Another simple method of separating the mind from the intellect is to watch the waking mind as the body sleeps. We realize that the mind is different from the memory and the intellect because whatever the mind dreams when we are asleep, the intellect does not review or discriminate. The intellect does not decide whether the mind should dream or not dream. The intellect is disconnected, disabled and not conscious. Therefore, when the body sleeps, it seems that the intellect also goes to sleep. If the intellect was awake then the intellect would discriminate dreams, would choose in a dream. But we are unable to choose in a dream because the mind is different from the intellect.

When we are awake, and the mind is observing, thinking and feeling, the memory records what the mind thinks. But what happens when we are asleep? It seems that the memory also goes to sleep. We do not remember what we see in dreams. In most cases, we cannot remember or recall dreams. It only goes on to show that the memory is asleep as the mind dreams, which makes it different from the mind. If the memory and mind were one, then every

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dream would be recorded in our memory and it would be easy to recall. But we are not able to recall our dreams because they are not recorded in our memory.

We should learn to isolate our mind from our other subtle functions. Otherwise we are living a fairy tale that is far from the truth. No doubt the mind plays a leading role in our life. Every morning when we wake up, we wake up with a thought, even before we leave our bed. These thoughts trigger feelings, which are followed by action. Isn't it common to let the thought of a dream start your day? The mind is responsible for both for the dream thought and the waking thought. The mind behaves like the engine of our train. It leads us in a direction that it chooses, and we helplessly follow it. We often let the mind lead the intellect. The body and the ego follow it, making it all powerful. Therefore, over the centuries, it has been believed that the mind is king.

In the early 20th century, there was a popular belief "As a man thinketh, so is he." It was the mind that was considered to be the destiny maker of a man. If the man's thoughts were right, the man would be right. And it was considered that thoughts or the mind was everything. This belief of mind power continued throughout the 20th century where people believed that the mind was everything. It was king!

The mind thinks thousands of thoughts. It is these thoughts that define the destiny of our life. But what creates thoughts? While the brain is the physical organ of the thought factory, the fuel of our thoughts are emotions. Positive emotions produce positive thoughts just like negative emotions can fill our life with negativity. Can we control our thoughts? If there is some way we can control our emotions, then definitely we can influence our thoughts.

The whole world is busy pursuing the art of positive thinking because the goal of mankind is happiness and we believe that it is the mind that makes us happy or unhappy based on our thoughts and our attitude. Our attitude or our response and behaviour is also triggered by the mind. Although our attitude is influenced by the intellect, if the intellect does not intervene, the mind can choose unhappy thoughts based on our feelings and habits, which are also products of the mind. Thoughts lead to feelings, feeling lead to actions and actions lead to habits. Once habits are formed, they in turn create thoughts. Therefore, the mind is undoubtedly very powerful.

But where does the mind come from? Are we born with a well-developed mind? Of course not! We develop our mind as we grow. While our parents, our teachers and our surroundings are responsible for the kind of mind we possess, there is a debate on what is responsible for the

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personality of our mind. Is it nature or nurture, or is it both? Is it the way we are brought up, or is it our genes? The mind builds its own personality, and through its evolution, it develops beliefs, habits and emotions that become its foundation and the raw material for producing thoughts. Philosophically and spiritually, there may be another paradigm of a mind carrying forward its past personality from its previous life. Nobody is sure about the origin of the mind.

Are we able to control the mind and live in constant joy and peace? Unfortunately not! The mind often triggers waves of thought - both happy and unhappy - as it controls our body. Through our sense organs, the mind creates desires and cravings that produce ripples of thought and we are flooded by a hurricane of thought waves. While the mind seems to be the emperor of our body kingdom, it is time to analyse and get to the truth, to understand what controls the mind and how we can be truly happy living with tranquillity.

Is the mind a dictator? Does it dictate to the body to act as per its directions? Yes, in many cases, the mind thinks and the body acts. But in some cases, the mind is questioned. There is another faculty in human beings that is not so consciously used. It is called the intellect. Because the mind and the intellect are considered to be one, most of us do not pass every thought through the filter of the intellect.

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