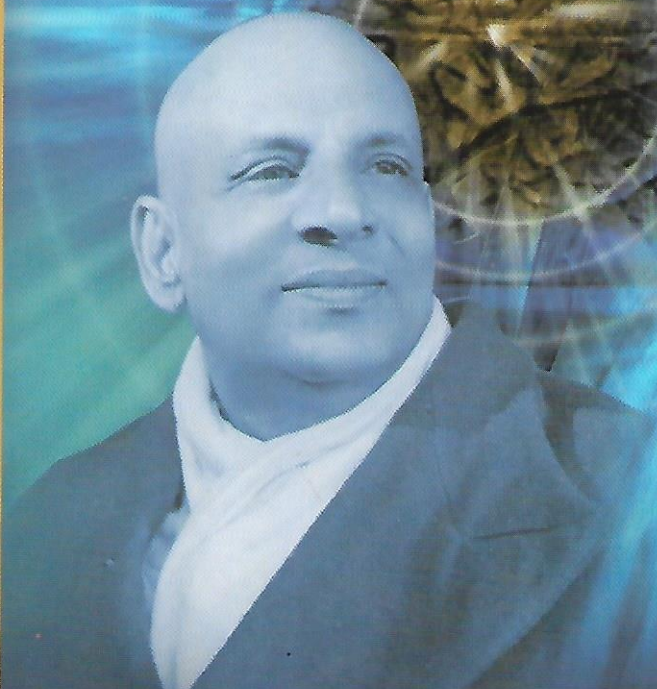


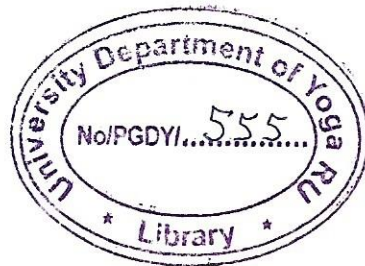
# **MIND**

## **ITS MYSTERIES & CONTROL**



**SWAMI SIVANANDA**

MIND—  
ITS MYSTERIES  
AND CONTROL



## CONTENTS

Prayer . . . . .	(6)
Publishers' Note . . . . .	(7)
Preface . . . . .	(9)
1. What Is Mind?. . . . .	15
2. Mind and Body . . . . .	33
3. Mind, Prana and Kundalini . . . . .	38
4. Mind and Food . . . . .	42
5. The Three Avasthas . . . . .	46
6. The Three Gunas . . . . .	52
7. The Psychic States . . . . .	55
8. The Mental Faculties . . . . .	63
9. The Three Doshas . . . . .	67
10. Suddha Manas and Asuddha Manas . . . . .	69
11. Vrittis . . . . .	74
12. Theory of Perception . . . . .	78
13. Chitta and Memory . . . . .	86
14. Samskaras . . . . .	91
15. Sankalpa . . . . .	99
16. Thought Creates the World . . . . .	103
17. Avidya and Ahankara . . . . .	109
18. The Power of Thought . . . . .	113
19. Thought-culture . . . . .	124
20. Vasanas . . . . .	134
21. Desires . . . . .	140
22. Raga-Dvesha . . . . .	147
23. Pleasure and Pain . . . . .	153
24. Viveka . . . . .	159
25. Vairagya and Tyaga . . . . .	161
26. Control of Indriyas . . . . .	167

27. Mauna and Introspection . . . . .	173
28. Evil Vrittis and Their Eradication . . . . .	178
29. Cultivation of Virtues . . . . .	201
30. How to Control the Mind . . . . .	203
31. Concentration . . . . .	225
32. Meditation . . . . .	233
33. Experiences and Obstacles in Meditation . . . . .	248
34. Samadhi . . . . .	259
35. Manonasa . . . . .	267
36. The Mind Compared . . . . .	272
37. Essence of Jnana Yoga . . . . .	276
38. The Mind in a Jivanmukta . . . . .	288
39. The Powers of a Yogi . . . . .	292
40. Necessity for a Guru . . . . .	294
41. Hints to Aspirants . . . . .	296
APPENDIX I	
To the Mind . . . . .	299
APPENDIX II	
Psychic Influence . . . . .	320
APPENDIX III	
Annihilation of Mind . . . . .	332
GLOSSARY . . . . .	335



## SRI SWAMI SIVANANDA

Born on the 8th September, 1887, in the illustrious family of Sage Appayya Dikshitar and several other renowned saints and savants, Sri Swami Sivananda had a natural flair for a life devoted to the study and practice of Vedanta. Added to this was an inborn eagerness to serve all and an innate feeling of unity with all mankind.

His passion for service drew him to the medical career; and soon he gravitated to where he thought that his service was most needed. Malaya claimed him. He had earlier been editing a health journal and wrote extensively on health problems. He discovered that people needed right knowledge most of all; dissemination of that knowledge he espoused as his own mission.

It was divine dispensation and the blessing of God upon mankind that the doctor of body and mind renounced his career and took to a life of renunciation to qualify for ministering to the soul of man. He settled down at Rishikesh in 1924, practised intense austerities and shone as a great Yogi, saint, sage and Jivanmukta.

In 1932 Swami Sivananda started the Sivanandashram. In 1936 was born The Divine Life Society. In 1948 the Yoga-Vedanta Forest Academy was organised. Dissemination of spiritual knowledge and training of people in Yoga and Vedanta were their aim and object. In 1950 Swamiji undertook a lightning tour of India and Ceylon. In 1953 Swamiji convened a 'World Parliament of Religions'. Swamiji is the author of over 300 volumes and has disciples all over the world, belonging to all nationalities, religions and creeds. To read Swamiji's works is to drink at the Fountain of Wisdom Supreme. On 14th July, 1963 Swamiji entered Mahasamadhi.



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