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Current Mental Status

Before you read the article, kindly note that I am not an English speaking person. I am not familiar with colloquial language. Hence I request you to pay attention to the content of communication, and not to language proficiency. Purpose of presentation in English, is to approach the maximum number of personnel, around the world.

Food for thoughts

Man notices prominent absence of mental peace. He hunts for that endlessly in vein. Man is fully engrossed with his work, and he is busy thinking about it all the time. However he is internally uneasy, disturbed, & eager, while performing his work, on account of his background thoughts. All the time He thinks about past incidences from his life. Agonies, difficulties and sufferings from past are being repeatedly recollected and thought about. Expectations about future are generated by using imagination. Expectations turn into hopes, and ultimately convert to worries and fear, on account of anxiety. All such background thoughts disturbs man mentally. He is eager because of worries. All this mental turbulence faced while working, affects physical health. Most of times he cannot get sound sleep. Sleeping at proper time and waking up at proper time in fresh mood, has become a rare event. Disturbed and inadequate sleep affects physical health adversely. These health problems subsequently become hindrances for working. Only for subsistence or for earning livelihood, Man serves some where, OR works self employed. But job concentration, well defined direction, proper planning, defined work procedures, defined lifestyle, defined conduct pattern, all are missing. None reflect in his behaviour. Day by day work procedures, work styles change rapidly. Even then no standard or ideal for conduct pattern, daily routine, or behaviour has been decided till date. His life is unorganised. Because of disturbed mind, Man keeps on changing his conduct. Conduct is not influenced by knowledge base. It mainly reflects vims. Variations in conduct pattern affect the mental activity. Direction is lacking. Deciding capacity of intellect is reducing day by day because of mental turbulence. Confidence about his own decision is missing. Knowledge base is used for decision making, rarely. Target for life time achievement is not defined yet. Result is directionless behaviour. He is wandering in absence of defined target. No channelized efforts. Man therefore becomes more and more unsatisfied, at every event of life. He is never contented about his gains. Sun rises in morning and sets in evening every day. Day starts in morning and ends in evening. Available lifespan reduces day by day. No gains during the day. No knowledge gain, no intellectual satisfaction, no entertainment. Happiness is far away, beyond reach. Do you have any action plans for gaining happiness? Man spends his total life, only for subsistence, for earning livelihood. Takes birth one day and dies some day, unnoticed. Animals, birds live their life happily. They do not worry about future. They live in present. Man has intellect. But he is using it in wrong direction. Logical intellect is being wasted for thinking about past grievances.

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Imagination is being used for worrying about future. As a result he is gripped by fear complex. Awareness and alertness about present is missing.

Even after facing this mess, He does not feel like studying the mental situation and finding a solution. He is under impression that this is normal. One should live this way only. This is effect of Maya the great illusion. In case if he feels like improving, Man expects solution form someone else. But you yourself don't know the details of turbulent activities in your mind. How can any other fellow understand & study your internal activities and suggest you a remedy? That stranger will naturally depend upon your narration only. So there is no way out but to observe yourself internally, either for narrating, or for finding a solution yourself. Self study or introspection is unavoidable. You are the best judge about yourself. Hence best way is to find out a solution yourself, by conducting trials, on basis of appropriate knowledge. Methods of introspection, knowledge about various solutions, various affirmations, etc. is available with Adhyatma. Adhyatma means working on your own mind. Go ahead and learn the techniques. Then try them on your mind. Chances of success are much brighter, on account of use of proven methodology.

!Be happy! !Be happy! !Be happy!