

The Desire for a Beautiful Mind

The mind is an amazing thing it has the power to make people happy and sad, it can change ones thinking towards a situation forever; it is influenced mainly by our surroundings as this alters our perception towards life and its material. What we perceive and take from our surroundings is down to a desire, what we want. It's like a circle from the day we are born. What we see when we are born influences what we believe we see the next second. So it's not whether the chicken came first or the egg, its more what we thought of first, the chicken or the egg. We seem to go through life constantly changing our thoughts as we go along it every second depending on what happens next.

When we are born we have a clear mind, no thoughts no expectations, a stable and constant mind. We first develop thinking when our senses begin to interfere, the eyes, nose, ears, smell and touch make us think sending impulses to the brain giving us sensations, a thirst to be quenched, and an eyelid is closed if dust tries to enter.

The mind creates a desire.

Desire influences the mind. A want for anything such as peace is required by one before an effort for peace can be achieved; a desire for peace to give peace is therefore required. Desire can be found in many forms such as greed, the want for more without any satisfaction and limitations.



The type of desire is not always easy to determine, as you can be misled to think you are aiming for something you are not. When having desire for the Satguru, this must be a pure and precise thought and can be diverted easily by material possessions. Maya, material possessions, is a great influence that can lead us from one thing to another; it is a creation of our thought and influenced by greed. When in a situation we could be lead to believe in something we want not for the fact that we want it, though we may think we need it. For example, when we are thirsty we want some water but when we go to the shop to buy some there are many other drinks available along with a selection of sweets. This selection of sweets and drink diverts us from our original intention to quench our thirst and we end up buying a flavoured drink with some sweets. So, our thoughts need to be clear and precise, when considering an unpolluted thought it is purely not having a desire for anything but the Satguru.

To discipline the mind desire of freedom from attachment is needed. Without this desire of freedom, the mind can be difficult or more to the point impossible to control, as mentioned desire should exist only for the Satguru. It is said that he who has obtained control over his mind has succeeded the most difficult task a human being can face. Having control over the mind is the ultimate devotion a gursikh can have for his Satguru as all actions are in his guidance; doing Sewa, Simran and Satsang will guide our thoughts to obtain such a state. These are forms of bhagti; technically bhagti is disciplining oneself. Sewa, Simran and Satsang help us control our thoughts and behaviour in the state of a gursikh but there must not be any limitations, limitations being our devotion and dedication in society today; i.e. we are in the Kalyug, the dark age, we are greatly influenced by more maya than ever, distracting us from our goal.

Controlling feelings & thoughts can lead to a perfect gursikh. Thoughts are a creation of man that is created from surroundings and feelings. Having feelings leads to multiple desires; where there is the want that arises, a disillusion to our goal.

This want should be rid of; we should reach a state where there is no want. For example, a feeling for something to be or not to be leads to satisfaction and no disappointments; this is what a true devotee must seek. Having this 'no disappointments' leads to a steady state of mind that is unaltered and untouched for any situation in hand. The satisfaction of one is contempt from any needs.



If a desire of greed was for material belongings it would get man stuck in a loop or circle for false belongings. There are limitations to the material world but a desire for material possessions would never end, we would stay in this loop and achieve nothing but become impatient and frustrated.

Some may ask what the need for a desire of the Satguru is. There are many reasons for this, every person would have a different answer to some extent but would mean the same thing, as there is only one Goal & one God. Desires such as greed are useful if used correctly; the way I would see the use of desire is to be able to have no satisfaction and limitations for the love of the Satguru. This, as many are aware, is the tranquillity state that a human being can achieve, it is neither difficult nor easy to obtain; it is a flow of one universal constant mind known as oneness.