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Parthiba - Margazhi

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Yoga

• Steering the mind

Question: Only a part of my mind is under my control, the rest of it is out of control. When I want it go this way, it goes another way. Can you tell me how to control my mind?

A: Okay. So certain parts, only certain parts of your mind, seem to be in your control. Now you're driving a car, the drive is in the front wheel. The steering is in the front wheel, yes? The drive shaft is in the front wheel. So all you have control over are these two wheels, the rest of the car is actually not in your control. Only these two are in your control, still they can take the car wherever you want.

When you're driving, are you aware that there's an explosion happening in the engine? An internal combustion engine means there's an explosion happening. The pistons are moving, the crank shaft is moving, then the drive shaft is moving, then the wheels' axial is moving, then the wheels are moving, then the other wheel is moving, and so on. You are not aware of all this.

When you're driving, if you just take the steering wheel in your hands - not even with both the hands, just one hand - still it goes where you want it to, isn't it so? Does the whole car go, or just the steering wheel goes? The whole car goes. The same is with you, if you just take charge of your steering wheel, and just steer it properly, everything else goes with it.

If you try to take charge of all the parts of the car, you will go crazy. If you try to take charge of all the bits and pieces of this car into your control when you're driving, if you start thinking in terms of what could be happening with this part, that part, all these different parts of the car, you will go crazy.

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So, you don't have to take the whole mind into your control, not necessary. You don't even know how many parts in the car exist. You're just controlling two wheels, everything else is following it. Similarly, with your mind, similarly with your spiritual process, you don't have to take grasp of everything. If you try to take every cell in your body, every atom in your body in one direction, you will go crazy, you will not take anything anywhere.

When you approach the subjective dimensions of life intellectually, this is what happens, you're trying to take charge of everything. That is not necessary. You just take the steering wheel in your hands, you keep it steady and it will go where you want. It will not go anywhere else. So how much of your mind, how many drops are there, how much is in your control is not relevant. That one drop, the right drop is in your hands, that's enough, rest of it follows anyway, can't go anywhere else.

If your intention is just reaching a certain destination, just go by the instruction, you don't worry about this and that. Now your intention is not just about reaching the destination, you also want to, you know, create a bigger possibility, then you have to know many, many things. Now you want to manufacture a car, now you have to understand too many things, you'll have to know all the parts, yes? Driving a car, and manufacturing a car, are they two very different things? Very, very different things, isn't it? Are you looking for enlightenment or do you want to become a guru? (Laughs)

If you are just looking for enlightenment, you don't bother about all these things, you simply drive. Just the way that man who taught you how to drive. Suppose you went to a driving school, the instructor may be an idiot. He may not be educated like you, he may not know anything that you know - usually he's a bad driver (laughs), but you just take his instructions, steadily you get to drive.

Similarly, if you just want to go to a place which you call as liberation or

enlightenment, or freedom, or whatever you call it - different people are calling it different things, blissfulness, peacefulness - if you want to get there, you just take a few driving lessons, that's all. You don't worry about all the complexities of creation.

Sadhguru Jaggi Vasudev

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Sadhguru Jaggi Vasudev is a realised master, Yogi and a profound mystic of our times. Sadhguru developed Isha Yoga - Yoga of the Divine, a scientifically structured programme, as the vehicle to transmit a deep experience of the Self that changed his life completely about two decades ago.

Belonging to no particular tradition, Sadhguru incorporates what is most valid for the modern seeker. Isha Yoga flourishes today as a spiritual science for hundreds of thousands of initiates around the world.

An accomplished poet and an author of several books, his latest book - [Mystic's Musings](#) - is one of the most candid unveiling of the mystical dimensions of life.

Isha Foundation, founded by the Sadhguru, also administers the Dhyanalanga multi-religious temple and meditation shrine, an ashram, and a yogic hospital at the Isha Yoga Centre, located on 50 acres at the foothills of the Velliangiri Mountains, 30 km from Coimbatore.

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