

Mental Balance

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PREFACE



These are some excerpts from the vast literature penned by Revered *Gurudev*.

Mental imbalance is the root cause of all unfavorable situations. Whenever gloom and despair fill your mind, read one excerpt of this collection and reflect deeply about how the idea applies to you. Roads to many new possibilities and new insights will automatically open before you.

Lilapat Sharma

Yug Nirman Yojana

Mathura, INDIA



Mind is the center of our power. Its potency is limitless. If it becomes possible to properly utilize its potential, one can easily go on progressing on the desired path. The brain waves are so powerful that one can acquire immense prosperity by their utilization. The brain is a powerful, but delicate organ. To protect and nourish the brain it is essential to keep it in a balanced condition. One must protect it from the extreme conditions of excitement or inactivity.

When the mind is extremely agitated, one lapses into semi-madness; his decisions and perceptions are distorted. If the actions of a person ridden with anger are observed, one can conclude that his behavior is totally irrational. If this condition is not quickly controlled, a person may commit an act of cruelty which he will regret later. A face full of anger looks like a demon's face. Signs of exited mind clearly become visible in the eyes, lips, nose etc. The person uses foul language, the body temperature goes up, limbs tremble and hair stand. Train your mind to avoid entering this state, and if it does, calm it as soon as possible.

Anger may lead to high blood pressure and sad feelings can lead to low blood pressure. Feels of malice, contempt, aggression, destruction, and cruelty come within the category of anger. Whereas, feelings of despair, worry, sorrow, fear and shyness come within the sphere of sadness. They are like high and low tides in the ocean. They are the source of instability and disorganization. Everyone knows how difficult it is to sail in a sea full of high waves.

The mental state of a sorrowing, fearful, and despairing individual ruins even a strong health in no time. His voice becomes weak. It appears that he is half-dead. He can't perform any work, appetite and thirst vanish and he finds it difficult to sleep. Similar imbalance occurs in anger. The difference is that when the feeling of sadness dominates, the condition is like freezing of body functions, whereas in anger it is like burning. In either case, the body and mind do not remain normal and one becomes incapable of even following the daily routine.

Exited mind sends a shock wave in the capacity for routine work. The eyes, ears, nose and tongue are unable to work normally. There is no taste in mouth. Ears may hear

imaginary sounds. Memory becomes short. Body temperature is disturbed, breathing and heart beat become abnormal. These effects collectively destroy the life force to a large extent. One may sustain it if this situation occurs once in a while, but if it develops into a habit and becomes a part of the mental make up, then it is useless to expect stable and happy life.

Mental instability is said to be caused by circumstances and one often hears excuses like, "It is not my fault. The circumstances were such that I became the victim of mental instability." On the face of it this logic appears valid, but it is not the reality. Different people are seen reacting differently to the same situation. While one person goes berserk when faced with a slightly unfavorable situation, another can remain calm and stable in the same, or even more unfavorable situation. The calm person takes it as a part of the routine ups and downs in life and is not at all perturbed or afraid. He remains calm and tries to find solutions for the unfavorable conditions and feels that it is foolish to become perturbed just because the situation has gone against expectations.

Harm caused by the habit of mental imbalance may not be visible to the untrained eye. One cannot make out that trapped in perverse thoughts, he is losing his basic thinking capacity and getting sucked into the quicksand of more perversities. The damage to the society due to subtle mental diseases is more than that caused by physical illnesses. There are examples of people making great contributions despite physical illness, but a mentally disturbed person can never have any achievements to his credit.

The number of mentally disturbed persons is increasing so fast that it is leaving behind all the other diseases. If this trend is not checked we will soon need more space in mental asylums than the space for jails. Half-mad, whimsical, unbalanced, disorganized and shallow people have increased to such an extent that people who can be called mentally healthy are now a minority. People with unhealthy minds are posing an obstacle in the progress of the society.

Crime is nothing but behavior resulting from a hyper-excited state of mind. Thieves and robbers recognize and understand the damaging effects of their behavior, when their minds are calm, and repent too. They also see the respect and honor of received by

people who have treaded the path of good actions. Their morality is roused and they behave like normal people. But when the waves of disturbed thoughts arise and become uncontrollable they return to their criminal ways. Psychiatrists say that this is a helpless situation, but in reality it can be controlled by practicing calmness of mind.

Stability and calmness are signs of mental health. Large number of neurons the brain coordinate and cooperate to carry out their own role in the total functioning of the brain. Disturbance in their coordination results in big or small mental illness. A balanced mind exhibits four components of behavior: Affect – *alertness, logical reasoning*, Thought – *chain of thoughts, imagination*, Behavior – *transactions, practice*, and Mood – *estimate, enthusiasm*. Various types of mental imbalance will be seen depending upon the extent of disturbance in the coordination of any two or more of these functions.

In the excited state, in the absence of logical reasoning, a man is unable to realize what people will think and say about his actions. He cannot stretch his imagination and estimate the reactions of his actions. He is entangled in his own thoughts. He cannot plan for the future and exhibits childish behavior. People form an opinion about him that he cannot fulfill any responsibility. He gets ridiculed everywhere.

When thought processes get disturbed, the imagination runs riot. Without assessing the availability of means, such people with unstable mind think that whatever they imagine will easily materialize. They fail to judge the time and resources required to turn their imagination into reality. They totally forget about the impending obstacles that might occur in the long distance between imagination and success. As a result they are no better than kids living in the fantasy land of fairy tales. The popular characters of *Sheikh Chilli* or Don Quixote must have been suffering from such a mental condition. If one is not careful and this kind of thinking becomes a habit, then he loses his courage for doing anything without depending on others.

A man that does not practice to develop a balanced mind, develop disturbance in his mood mechanisms. It becomes difficult for him to analyze the why and how of transactions around him. He develops an identity crisis and mistakes enemies for friends and vice versa. He develops distrust and various kinds of phobia. He thinks that

people are out to destroy him and are always secretly plotting against him. Many are obsessed with imaginary fear of illness, accident or, death. Some people without mental balance delude into believing that they are great leaders, learned and possess occult powers.

People who do not maintain mental balance have wildly fluctuating mood. At times they appear to be full of enthusiasm, joy and hope. At other times they are so much immersed in worries and despair as if the sky has fallen on them. Many of them suffer from the deluded belief that some terrible disease has got hold of them, or is about to attack them. Impulses and excitements adversely affect the brain. Sometimes one sets an unrealistic target, and when he is not able to achieve success, because of adverse circumstances, or lack of resources, he becomes extremely upset and destroys his peace of mind. Immoral thoughts are also harmful because by their very nature, they are self destructive.

Scriptures say that anger is sometimes necessary, but should be controlled and morally correct. If anger is totally discarded, how will the society combat immorality, injustice and evil forces? Thoughtless, immoral and rash anger is certainly harmful. Poet Baanbhatta says, "An angry man is blind despite having eyes." Valmiki Ramayana says, "Anger takes away life and is the road to total destruction."

With the onset of anger, muscles of the body become tense. Tension appears on the face. In addition to hands, legs and face, internal organs also tense up and contract. The respiratory system is greatly influenced by anger. The energy of the body is quickly depleted. How can the all-destructive anger be controlled? One has to prepare in advance to have peaceful mind at all times and not get provoked by adverse situations. Intelligent and thoughtful persons do not allow anger to grip them.

Mental tension caused by anger, revulsion, suppressed feelings or despair not only slows down digestion, but may also cause other disturbances in the digestive system. Ulcers can form in the stomach and intestines. Mental tension causes the symptoms of premature ageing. Thus, the body suffers so many adverse effects because of the imbalances of the mind. Of all mental imbalances, anger is the most vicious, and shows

its effect immediately. When the impulses of mental imbalance become intense, the flow of digestive juices becomes abnormal. This disturbs the functioning of the digestive system. When the mind is at peace and emotions are calm, the digestive system functions efficiently.

Anger produces a kind of poisonous sugar in the internal metabolism which is dangerous for health. By mixing with the blood flow it spoils the blood composition, producing a yellow coloration of the body, tension in the veins and arteries and pain in the waist. When an angry mother breast feeds her baby, he suffers gripes in the stomach and cries. The milk of a mother with mental tension is so harmful that the baby may lose weight, instead of gaining it. Anger leaves an indelible mark on a person's health and destroys the natural beauty of his face. Hence, it is in our own interest to save ourselves from anger.

Anger is occasionally necessary for the survival of a person in the society. It takes a very long time to arouse compassion in people in who evil has taken deep roots, and by that time they would have done a lot of damage. When an evil person's tendency to harm others becomes intolerable, it becomes necessary to express anger against such a person. But, even this anger must not originate from an upset mind, but from discretion and proper thinking. Anger is a natural expression of opposition to something unpleasant or some deceit against us. Arrogance, upset mind, intolerance are all kin of anger.

Enmity results from suppressing the outward expression of anger and mentally burning with anger against someone. This enmity causes even greater harm than anger as such. Anger is always a result of haste. When you find that something wrong is going on, or if some loss occurs, then do not come to decision about its cause in a haste. Remember that more or less there is a mistaken – rather hasty – conclusion about the cause. Therefore, wherever something has gone wrong or some loss has occurred, go away from that place, stroll in a nice garden or visit a friend and talk to him. If you can't do any of these, drink a glass of water and cool down. There is always loss in increasing the anger and definite benefit in dousing it.

Whenever you get angry, immediately try to divert your mind in some work requiring physical labor. Whenever you get an undesirable result for your work, involve your mind in some study. Also consider daily physical exercise as a must for maintaining physical and mental health. Just as you learn you control anger, similarly learn to control emotions like worry, unhappiness, upsets etc. Only those who adopt a balanced view of the life can accept various emotions in an neutral and balanced manner. Even then if uncontrollable emotions burst forth in certain circumstances, do not try to suppress them forcibly. The best way of tackling excitement is to remove it from the mind in some way or the other.

The mind's energy is utilized in a limited, balanced and organized manner during the process of normal thinking and normal working. During mental excitement, the loss of mind's energy increases very much. During such mental states as suffering from fear, worry, sadness, dejection etc. man feels lost whereas during anger, impulse, eagerness man feels excited. In either case, mental stability is disturbed. Whether ebb or tide, the proportion of upheaval in the sea is the same. The emotion produced in the mind due to an overdose of dejection or joy makes it impossible to think rationally or come to a proper conclusion because a tired man thinks despairing thoughts of loss and an intoxicated or over confident man tends to make tall claims.

Body and mind are interrelated. When the mind is happy, the body is active and if grief or sorrow fills the mind, the body not only becomes lethargic but the work is spoiled because of half-hearted effort. Mood is another name to describe mind's condition. If the mood is favorable, one will be immersed in activity and when the mood is unfavorable, then he will feel that the work has become a burden. The mind carries out some activities on its own, whereas it has to take the help of other organs for some other activities. Thinking, cognition, meditation, imagination, planning, logical conclusion, decision etc. are carried on independently by the mind, whereas activities such as moving around, eating, drinking, seeing, hearing, and speaking have to be carried by the mind with the help of other organs.

Mental slavery is a very bad type of dependence. Slaves at least get some time for eating and sleeping, but the slave of mind is never at rest. Let alone doing things independently, he is not even able to think. The basic factor in a man's progress is his

mind. Usually, circumstances are given the credit or blame, but this is only an excuse. We find that often people living in the best of circumstances, with all the facilities at their command, carry out worst kinds of deeds. And, many people living in adversities and scarcity are able to maintain their morality.

Of all the creatures, it is only man who is born crying and goes on complaining throughout his life. All other animals do not have any complaints, Some people feel unhappy because of scarcity of resources, whereas some are unhappy because of a lack of mental peace. These problems have become more complicated in the modern times. Material progress has brought many problems in its wake. Of the many problems created by today's mechanized civilization, the foremost is mental tension.

An unflinching solution to keep oneself free from mental tension is to keep oneself busy. Coordination between one's abilities and ambitions also lessens mental tension considerably. Our aim should be to lead a life free from worries, but for this we must learn not to be impatient. One should try to reach one's target by taking one step at a time. The best way to avoid tensions is to have faith in God. Some people may find it difficult to believe in God's existence, but at least, one can have faith in one's own self, if not anything else.

Why some people suffer from lack of mental strength or inferiority is worth thinking about. According to psychiatrists a lack of love and affection from parents and constantly being ridiculed are some of the reasons for children developing inferiority complex. Repeated scolding leads them to believe that they are pitiable compared to others – that they are just unlucky.

Men devoid of self-confidence often adopt rude behavior for attracting attention. They sometimes adopt criminal attitude for the same reason. They see quick achievement by committing a crime. They join the company of vagabonds and by resorting to intimidation and rowdy behavior feel glorified.

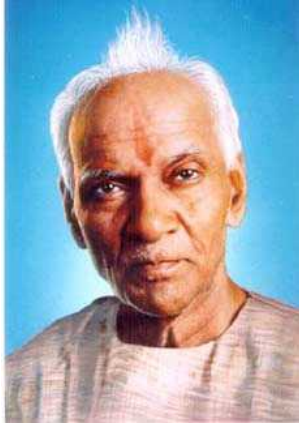
A person with inferiority complex suffers from the illusion of neglect, contempt and inferiority. He tries to attract others by using flashy dresses. The attraction of other

people's attention acts like a balm for his inferior feelings. Most people who dress gaudily actually suffer from inferiority complex and feel neglected or rejected by the society. Even though you can find them making tall claims and indulging in false self praise, concealed deep in their mind is a feeling of inferiority and inadequacy.



About the Author:

Shriram Sharma Acharya: A seer-sage and a visionary of the New Golden Era.



His personality was a harmonious blend of a saint, spiritual scientist, yogi, philosopher, psychologist, writer, reformer, freedom fighter, researcher, eminent scholar and visionary. He pioneered the revival of spirituality and creative integration of the modern and ancient sciences and religion relevant in the challenging circumstances of the present times. In 1979, he founded the Brahmavarchas Research Institute, the research center in Haridwar (India) dedicated to the integration of the modern and ancient sciences in a practical way motivated by the noble goal of health and happiness for all. This center houses well equipped laboratories of Haemetology, Biochemistry, Neurophysiology, Cardiology, Phytochemistry, Psychometry, Yagyopathy etc.

At the age of 15, (Jan 18th, 1926) a great Himalayan yogi, Swami Sarveshvaranandji appeared before him in astral body from the flame of the Dipaka (lamp) and guided him throughout his entire life. The next 24 years of his life were devoted to 24 Mahapurashcharanas –each consisting of the rhythmic recitation (japa) of 2.4 million Gayatri Mantra with strictest of disciplines. In 1943, he married Bhagwati Devi, and ever since, the saintly couple dedicatedly pursued the noble mission of spiritual upliftment of humankind.

Realizing the potential of inspiring literature and its relevance in the present era of intellectual evolution, he had chosen writing as the principal mode towards uprooting the evil tendencies and blind faith from people's minds and arousing the indwelling wisdom, strength and spiritual bliss. He wrote about 3000 enlightening books in Hindi on almost all topics concerning human life. He translated the entire Vedic Vangmaya (4 Vedas, 108 Upanishads, 18 Puranas etc.) in Hindi elucidating the tradition, style, universality and history of Vedic Literature. He also practiced higher-level Sadhana on the arduous heights of the Himalayas and established enliven contact with the Rishis of the Himalayas. During 1984-1986, he carried out the unique spiritual experiment of Sukshmikarana, meaning sublimation of vital force and physical, mental and spiritual energies. He authored a special set of 20 books highlighting the future of the world and conveying the message of the dawn of the New Era of Truth during the 21st Century. On 2nd June 1990, he voluntarily shed his physical sheath.

For more information:

To find out more about Shriram Sharma Acharya and his spiritual establishment visit www.awgp.org

Dev Sanskriti Vishwa Vidyalaya is a university envisioned by Shriram Sharma Acharya to meet the pressing need to impart global education on scientific spirituality and life style with new thought of ethical, moral and spiritual transformation. Visit www.dsvv.org for more information.

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