

THE MIND IS A RASCAL

Kill your mind before your mind kills you!!

By
AiR
Atman in Ravi



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PREFACE

While we all seek happiness, we are not happy all the time. Why? Because we are caged by the mind in prisons of misery and sorrow. *We think that our mind is a friend, but in reality, it is our enemy.* It is a trickster. It holds us back from going on a quest and realizing the truth about life, about who we are. It deceives us by making us think we are the body, mind and ego, when we are actually Divine Energy. Further, it bombards us with thoughts every moment, creating stress and anxiety, thus, robbing us of our peace and joy.

Unless we kill the mind, we can never experience peace and happiness. How do we kill the mind? By transcending

it. Let us discover the truth about the rascal mind and how we can transcend it!

*I thought my mind was king.
I thought it was everything.
Until one day I searched for my mind.
Where it was I could not find!*

First of all, what is the mind?

Different people define the mind differently. Some confuse it with the brain, the intellect or the memory. But the mind is a specific function or activity of our body. Along with the memory, intellect, and ego, it constitutes the 'subtle' part of the body. While we can experience it, we can't touch it.

The mind is a 'thought factory.' It is said to produce up to 50 thoughts a minute or 50,000 thoughts a day. It produces both good and bad, positive and negative thoughts. The mind joins the 5 senses to perceive things around us. It also desires, mainly, to be happy.

However, the mind also makes us miserable. Since all thoughts or cravings are not fulfilled, it leads to disappointment and misery. What creates the thoughts that the mind thinks? While the brain is the 'physical organ' of the thought factory, the fuel of our thoughts are emotions. Positive emotions produce positive thoughts, just as negative emotions fill our life with negativity. *Hence, by controlling our feelings, we can control our thoughts.*

The mind is different from the other subtle functions of the body. It is different from the memory that memorizes and recalls. The mind produces thoughts but it is the memory that records these thoughts.

The ego is that domain of us that experiences the “I”ness, “my”ness, and “mine”ness. “I” may think that “I” am really intelligent and “I” may feel that my house needs renovation, hence, the ego is me.

The mind is also different from the intellect that gives us the ability to discriminate between right and wrong. It is the intellect that makes choices. It decides whether thoughts should be permitted to become feelings, then actions and finally, habits that will determine our destiny or they should be stopped the moment they pop up. *The intellect, thus, is actually more powerful than the mind.*

*Our mind is a little rascal.
It jumps from thought to thought.
Who we are and why we are here,
This important thing it forgot!*

Where is the mind?

While we often consider the mind to be the brain, it actually functions in practically every cell of the body. The brain is made up of billions of neurons, and these are not only located in the skull, but throughout the body. Therefore, the mind, in reality, seems to be in every cell of the body. But has anyone seen the mind in an X-ray or an MRI? No. The mind seems to have a virtual existence! Yet we can certainly experience the mind, thinking. How? Our eyes see an object. Our mind observes the eye. We experience the mind observing the eye seeing the object. Therefore, we definitely have a mind, though we are not the mind.

At death, the body dies. But what about the mind? If we were to virtually peel the body, we would find organs like the brain, heart, kidneys, blood vessels, tissues, bones but where is the mind, we cannot find!

*The body I can see; the body I can find
Likewise I am sure; I have a mind
It is not yours; I know it is mine
The only problem with my mind...
Where it is, I cannot find!*

So, how do we 'kill' the Rascal Mind?

We can kill the mind by using the
WEAPONS of:

Knowledge: Knowledge of the truth that we are not the body and we are not the mind but the Life Energy that has a body and a mind.

Meditation: By meditating, we can reduce the MTR, the Mental Thought Rate, the rate at which the mind produces thoughts and we can turn the monkey mind into a monk. We can silence it, make it calm.

Intellect: The intellect is stronger than the mind. It discriminates between

right and wrong. The intellect can accept or reject thoughts. *The moment the intellect realizes the truth of who we are, the mind is destroyed.* The intellect must supersede the mind and realize the truth through different methods of self-realization. We must first realize what we are not – the body or mind. To reinforce what we are not, the intellect investigates further. It realizes that the body-mind is only a reflected consciousness of our true identity. Our true identity is energy. The intellect uses scientific discovery to reinforce its findings that we are nothing but energy that appears as a physical body and a mind. It discriminates between illusion and

truth, realizing that the world is only a Cosmic drama and enables us to live in peace and bliss. Once we realize this, we live in acceptance and surrender which helps in transcending the mind.

Finally, we also need the Grace of God and the guidance of a Guru to capture and kill the rascal mind. If we can stay connected with God, in union with God, in a state of Yoga, we will be able to transcend the mind!

***If I Don't Kill the Rascal
The Rascal will Kill Me!***

The Challenge

Even after the realization of the truth of who we are, unfortunately, the illusory rascal mind still lives; it continues to produce thoughts. It thinks, it desires, it dreams, and it troubles us. The battle with the mind will continue till death. We must **DEACTIVATE** the grasp of the mind on our life. It is not easy. It takes a lot of time and effort, but it starts with the realization that it is not king. Anyone who wants to be truly happy needs to kill the rascal mind, destroy its dominant aggression on our life! This is the only way to live a life of peace and bliss!

Anybody who wants to be truly

happy needs to realize that the mind is
a monkey, a rascal and a thief!

*Mind your mind, or
your mind will mind you.
Take charge of your mind,
or your mind will take charge of you.
Kill your mind,
or your mind will kill you.
The choice is yours!*

Human beings are a body-mind complex powered by the Soul

Just like for a computer to function, it needs hardware and software, we can also say that we human beings need hardware and software to live. The parts of the body and organs form the hardware of the human body, while the mind, memory, intellect, and ego form the software. But then, what else is required to make a computer work? Power supply! Similarly, the body-computer also needs power supply. This is supplied to the body-mind complex by a Life Energy often referred to as the Soul. This Life Energy enters the body to give us birth and when it departs, the body-mind complex experiences death, there is no

breath. What is the connection between the mind and this Life Energy also known as the Soul, *Prana*, *Chi* or *Atman*? At death, the Life Energy departs and the body ultimately turns to dust. But where is the mind? Since we all believe that the mind exists, we logically continue to believe that the mind, along with the ego, has moved on, or passed away, only to be reborn in another body with a new name to face our Karma.

The Mind is Not King!
It is Not Everything...
In fact, it is Nothing!

The mind seems to have a negative personality. It is our mind that desires

and makes us greedy. We want more and more, and every unfulfilled expectation makes us unhappy. The worried mind causes stress. It creates FEAR – False Expectations Appearing Real. It confuses real dangers with imaginary fears. We fear death, the loss of love and possessions. The mind shuttles between the past and the future, refusing to let us enjoy the present moment. The wandering mind makes us lose our focus. The mind is a monkey! It jumps from thought to thought. It robs us of our peace.

Our mind makes us live in darkness. It makes us believe that we are the body

when in reality, we are not. It fools us into being the ego. It gives birth to the ego – the “I” ness in each one of us. It kills universal brotherhood by provoking the ego to believe that we are separate individuals – when in reality, we are all part of one Cosmic Energy, we are the Soul. We are unable to realize this because the rascal has cleverly institutionalized the ego that keeps us busy with what ‘I want.’ The mind makes us believe that ‘I am ME,’ the Mind and Ego, that exists in the body. Because we don't realize the truth that we are the Soul and we continue living as ME, we are born again and again.

We now know that the mind, though

powerful, is a rascal. It wants us to live in ignorance as body and mind because it knows the moment we realize we are not the body, mind, ego, it ceases to exist. Why is it so difficult to destroy the mind? It is because the mind creates attachments with things and people and stops us from discriminating between what we are and what we are not. We appear as ME, but we are not the body, we are not the mind. We are Divine Energy. The mind stops us from realizing the truth!

The only way to capture the rascal is to make our intellect the king. This will stop the mind from all its tricks. It is the

intellect that will eliminate the ignorance that we live in, making us realize the truth. If the mind is negative, the intellect is positive. If the mind is selfish, the intellect is selfless. If the mind is stressed, the intellect is calm. The mind thinks but the intellect reasons. The rascal mind produces thoughts without any meaning. But the intellect is able to reason and discriminate.

*The Mind is a Rascal...
It makes me Think.
In Fear and Worry,
it makes me Sink.*

Conclusion

The mind will not stop its monkey business, until we discipline it, silence it. We have a choice – either we can live a life with peace, or we can permit our mind to tear our life into pieces. If we really want to live our life with joy and bliss, then we need peace, the very foundation of happiness and if we want to evolve in life to realize God, we must transcend the mind and make our monkey mind a monk!

*If there is garbage in your mind,
and it's full of junk,
It's time to tame your monkey mind,
and make it into a monk.*

About the Author - AiR

AiR – Atman in Ravi, is an Embodied Soul whose only mission in life is to 'Help People Realize the Truth'. He was born in Bangalore on October 15, 1966 as Ravi V. Melwani. At a very young age, he mastered the craft of business and revolutionized retailing in India. After making millions, he realized that life is not just about making money. He shut down his business at the age of 40 and started making a difference doing H.I.S. work – Humanitarian, Inspirational and Spiritual work.

As a part of the Humanitarian initiative 3 charitable homes were set up to provide free medical treatment and

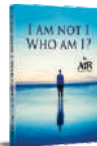
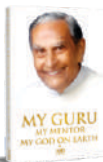
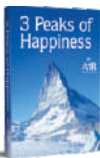
care to over 600 suffering homeless people. AiR also built Shivoham Shiva Temple in the year 1995 in Bangalore though AiR now believes that people should go beyond religion to truly realize God. Inspired by his Guru, Dada J.P. Vaswani, AiR went on a spiritual quest to attain Enlightenment.

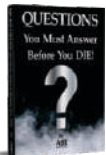
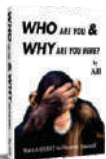
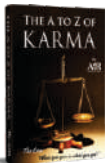
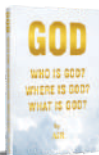
After a few years of intense search in retreat, he realized that we are not this body. We are the Soul, the Atman. He metamorphosed to AiR - Atman in Ravi, gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. He lives his life with just one mission - to help people Ask,

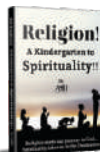
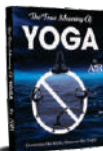
Investigate, and Realize the Truth. Based on his realizations, AiR has published over 32 books, composed and sung about 1115 bhajans, written several blogs, quotes, and poems. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts AiR Spiritual Retreats and webinars every week on Zoom and Facebook Live to help people realize the ultimate purpose of their life. Being blessed with everything, he seeks nothing except to fulfil this mission of life.

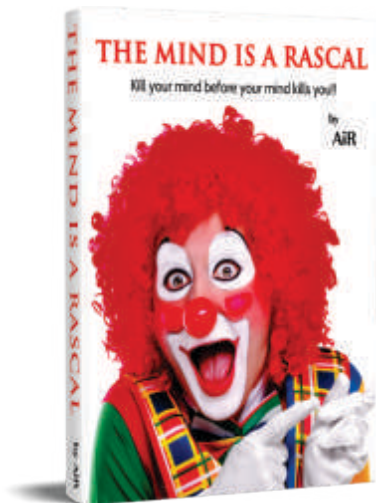
AiR has authored several books on various topics related to Life, Happiness, God, Spirituality, Karma and many of these books are also available as concise booklets.

BOOKS BY AiR









THE MIND IS A RASCAL

The Mind is a Rascal is an amazing book by AiR! It explains how our mind is our enemy and how it makes us suffer. It doesn't let us remain in the 'now' as it swings from yesterday to today. Like a monkey, it jumps from thought to thought, creating stress and anxiety. We must kill the mind before it kills us. The book discusses how we can kill the mind, 'transcend' the mind so that we can live with peace and bliss!


THE MIND IS A RASCAL

The mind is a monkey. It keeps jumping from one thought to another. It thinks up to 50 thoughts a minute! It makes us worry and fear with a stream of negative thoughts!

Have you ever seen your mind? Where is it? Can you find your mind?

The mind is an illusion! It's just a function of the body!

It's time to Realize the Truth. It's time to kill the rascal. If we don't, it will continue to make us miserable and finally, it will kill us!

For more information on AiR booklets
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A.i.R.
AiR Institute of Realization
Ask Investigate Realize