

ISSUE 6

WEEKLY MAGAZINE

MARCH 21 2025

BRAHMATHEERTH

TOPOGRAPHY
OF THE MIND

FROM THE DESK OF THE EDITOR

Brahmatheerth is a weekly magazine published exclusively on Guruji Sundar Website. Brahmatheerth is a one of its kind magazine, that is solely written by the enlightened master, Saint Sundar to help real seekers around the world and for the humanity at large.

In our modern world, where human lives have become mechanical and where technological advancements have begun to control the human lives, it has almost become impossible to come out of the strong hold of maya that is plunging us into darkness. In such a world, Brahmatheerth serves as the lighthouse that guides the lost souls to steer towards the shore of awareness and leads the way for a real seeker / yogi in his quest for self-realization. What makes this the most special is that each and every word in this magazine is a pearl of wisdom that is unknown to mankind revealed directly by the realized saint, Guruji Sundar. His Holiness' utmost compassion and grace towards the humanity and his selfless desire to create a universal spiritual hub to guide real seekers/sadhakas in the path of gnana has led to the conception and creation of Brahmatheerth. This issue explores the subtle characters of the mind and the control it has over human actions. This issue literally stands as a handbook or a how-to book for real seekers to detach from the control of the mind and to understand the real nature of the mind.

Have a transformative read!!

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INTRODUCTION



Dear Seekers of Truth,
Go deep into all corners of your Mind. No stone should remain unturned. You have to completely understand all complexities of your mind. Only when you completely understand your mind inside out, you can transcend your mind easily. If you can transcend your mind, then you will land directly into your being. This means that you have reached your Real home at last!
Come with me and ride into your mind to understand it more clearly.

With love

Saint Sundar

AUTHOR

Dear Readers,

In this issue, let us dive deep and explore the facets of mind. The sageness described in this issue about the mind is very difficult for normal people to comprehend. For people who are spiritually inclined, on the very first read, it may appear that these characters of mind are already known to you, and that you have seen all the climates of mind. But become aware, your sub-conscious mind has done its part again in creating an illusion that things are already known to you. Just because a person has travelled in meditation for so many years does not mean that they have understood their mind completely. There are so many spiritual people who could not understand their true self just because they did not understand their mind completely. Mind should be tamed in such a way that it becomes a person's best friend because only the mind can help us in realising the GOD within us. Without the mind's help and without understanding one's mind completely, one can never really cross the veil of Maya. When a person thinks that he has read his mind, then it means he has failed in understanding the subtle acts of mind and he has yielded to its play. Mind can make you think that you know everything, but in the end, everything will be doomed, and you will have to cross many oceans of maya. So, please drop your ego and mind before reading this magazine, because these words are directly from a saint and a Realized Master who possess the wisdom of the beyond. A person with real thirst to know about his self should always possess the humility that he does not know anything. When such a person with open heart starts analysing his thoughts, he may slowly over the years of intense meditation become ripe in it and can slowly understand the true meaning of these characters of mind.

Charu Priya T S

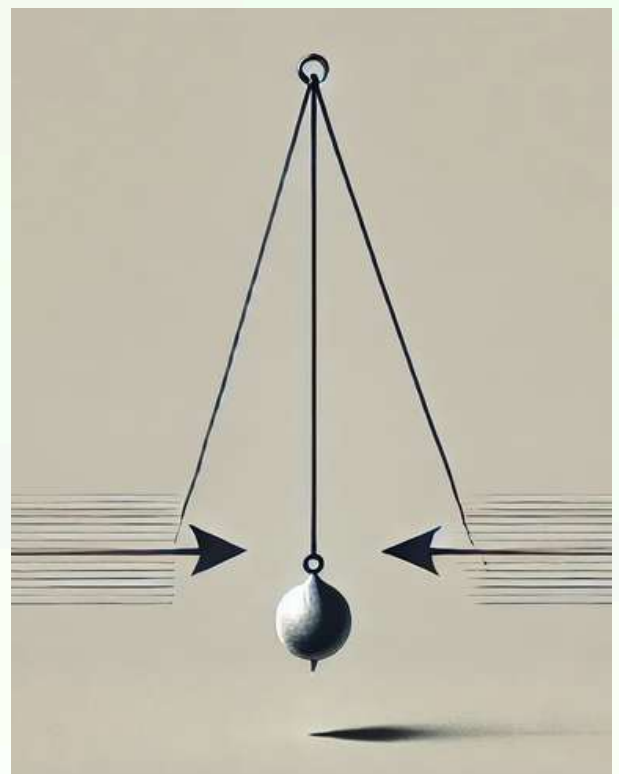
MIND

PART II

OSCILLATING NATURE OF THE MIND

One of the important characters of the mind is that it is never stable. Mind can be compared to the swing of the pendulum that constantly swings back and forth. The pendulum gains momentum and moves from the centre to one end. When it reaches the end, it loses its momentum and goes back to the centre. Again, in that process, it gains back its momentum and now moves in the opposite direction. This process repeats and is never ending. Now on the gross level, we may think that this oscillation is a continuous process. But, when we drop our rational concept of time and observe it closely, the pendulum halts at the centre (the equilibrium position) during oscillation for a minute fraction of a second before moving on to the other direction. In that microsecond gap, the pendulum remains exactly at the middle. It is in neither direction.

Just like the pendulum, our mind on a routine basis gains momentum and oscillates between the past and the future continuously. This momentum is initiated by our own thoughts or by the thoughts of other people around us or by the suppressed emotions which is often stored in the subconscious mind. This perpetual oscillation of mind never comes to a halt because the pattern of the mind is such. But every one of us would have encountered mind's halt at certain points in time.



To quote some examples,

1. Imagine a situation where you are so much involved in a particular work, or you are in deep thought about something and suddenly out of the blue you have a surprise guest visiting you. This unexpected event creates a sudden halt in your thinking process and makes you unable to react or comprehend that situation. Your mind pauses for a few seconds. But within a few seconds, it adapts with the happenings and immediately you welcome them and start taking good care of them and change your plans accordingly.

2. Say you are in the middle of a lecture and your mind wavers not paying attention to the lecture and all of a sudden, the lecturer pops out your name and questions you. At that moment, your mind freezes. Your mind comes to a halt at that particular moment when the focus falls on you but the very next moment, you start using your mind to come out of the situation.

At such instances our mind, even though it halts, it manages to gain the momentum back and come out of the halts. Our mind is a constant chatter box, and, in this process, our Prana Shakthi fritters away leaving us worn out. Like how our body needs rest, our mind too needs rest to function well. Only in these small halts, the mind rests, and experiences silence.

Mind's oscillation can be stopped only by two ways. One is when the person meditates regularly, the constant movements slowly comes to an end and the other is when the body loses all its energy due to thinking, the mind will become completely exhausted, and it comes to a halt. But the latter has other impacts on our body and overall wellbeing. The mind can never act in between the past and the future. It can never really exist in the present. It always likes to travel in the past, pondering over all the happenings or build castles in thin air about our future. What it really fails to understand is that the future is a lie and that it does not really exist. When it is asked to be in the present, it has no role to play, and it becomes silent and one fine day it ceases to exist.

So, the easiest way to stop our mind is to bring the mind to the present consciously with awareness, put it to rest and store the prana shakti. This energy can later be used for their spiritual evolution, prayer, healing, and wellbeing.

In spiritual point of view, it is often said that mind always operates in a circle, and it can never be stable and steadfast. It is always on the move, oscillating between the positive and the negative. When we are angry at someone, our mind always plays the blame game and say hundreds of negative things about them. **This is the negative cycle of the mind.** A seeker or yogi in the path should never act when the mind is in the negative phase and take rash decisions. Nor should he fight against the mind. Instead, he should listen to what the mind says patiently. A yogi should always be patient and play the waiting game with the mind.



At one point, the continuously chatting mind loses all its negative energy and becomes exhausted. Then it automatically shifts to the positive phase and starts talking about the good qualities of the person and all the good deeds he has done. Mind will ask him to drop the anger and leave the issue. As the Tamil saying goes, 'எய்தவன் இருக்க அம்பை நோவானேன்?' which means 'Why should the arrow suffer when the archer is someone else?' The mind will make the seeker realize that the person is just a player. The director is God himself. **This is the positive side of the mind where the Godly character takes over.**



Only at this stage, a seeker should relate with the mind and react to it. When the mind is completely negative, one should always be a silent observer and should react only when it turns positive. **So, we should remain silent when the sinner is active and react only when the Saint comes out.**

If at all, one reacts to the negative side of the mind and take harsh actions, even then, the mind will not stop. It will start blaming him and make him the guilty. The mind will question him as to why he did such a thing. The mind will say that he should have been patient. Therefore, a seeker should understand the constant shift of the mind between two extremes and learn to operate in the middle.

As the famous saying goes ‘**Learn to transform your poison to honey,**’ a seeker should always be ready to play the waiting game till our mind shifts from the negative side to the positive. He should wait for the tide to turn in. **Patience is the key virtue here.** And this virtue can only be achieved with sincere tapas and true seeking.



There is a famous story of a revered saint. The saint will always listen to people and will not react immediately. Even if someone scolds or blames him for any mishaps, he will listen to all their scoldings and silently move away. He will calmly wait for 24 hours in silence. After 24 hours, he will come and respond to the situation. He will defend himself and prove his stance. He will explain ‘I have waited for a whole day. Nothing clouds my judgement now. I am not in the wrong.’ This is the most beautiful way of responding to a situation.

When we act impulsively, it is called ‘reaction.’ But when we act after 24 hours, it will no more be a reaction. It will be a response. A yogi should always respond to situations, he should never react.

A seeker should be a watchdog and constantly watch his mind. A traffic constable always monitors the traffic on the road and regulates it. Even if the road is empty without traffic, he will still be monitoring it. Similarly, a seeker should always watch his mind irrespective of what it says, be it positive or negative. Even if the mind is in complete silence, he should still watch it with awareness. Only then he can understand the true nature of the mind.

CONTAGIOUS THOUGHTS OF MIND

The great philosopher Swami Vivekananda has said that **‘when the mind is negative or filled with sorrow, one shouldn’t come out in the open.’** This is because our negative thoughts are contagious, and it can spoil the purity of this existence. The only way to cross this storm is to meditate.

Till the moment the thoughts are created, it is ours. Once it is let out, it belongs to the world. Like smoke, we are constantly emitting thoughts and spoiling the existence. Similar to the words we speak, once the thoughts are let out, it cannot be taken back, and it stays in the existence forever.

Imagine we are near a loudspeaker playing rock music. The soundwaves emitted from the speaker constantly bombard us and hurt our eardrums. Likewise, the thought waves emitted by others also bombard us constantly. Since this process happens subtly, we are not aware of the thought waves hitting us. In this world we are always surrounded by the thought waves emitted by others. We may think that whatever decision we take in our day-to-day life are our very own, but during our weaker moments, other people’s mind can actually influence us both by their positive and negative thinking. That is why it is always said that **‘To know a person completely, one should know his best friends.’**

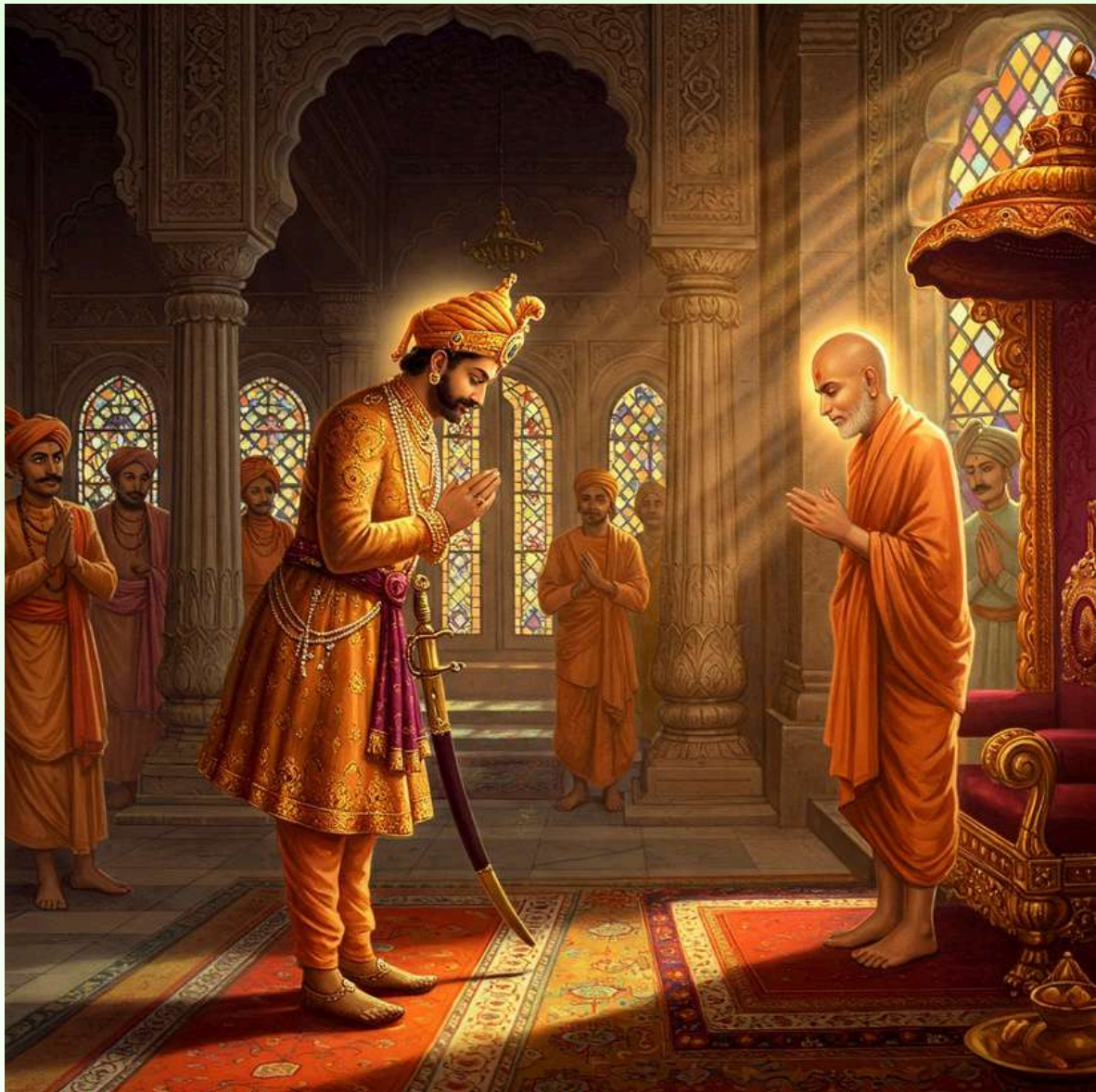
To understand the radical mind, let us see a story.

Once upon a time, there lived a saint in the kingdom of a mighty emperor. One day, the King invited the Saint to his palace and put forth a question, 'Do heaven and hell truly exist? If so, can you show them to me?'. The Saint smiled for a second and started berating the King continuously. The saint insulted the king saying, "You ignorant fool! You are nothing, but an arrogant, power-hungry ruler." The king was offended to hear his harsh words. He turned red with rage. His pride was wounded. At one point of time, the King lost his temper and raised his sword against the Saint.



At that very moment, the Saint exclaimed **"See, this, my king, is hell."**

The King was shell shocked. He realised his mistake and understood that he has lost his awareness and immediately re-sheathed his sword. He bowed down to the saint repenting for his sin.



Seeing the King's change of heart, the Saint again smiled and said, **“This, my king, is heaven.”** Realization hit the king. **Heaven and hell are not distant places, but states of the mind created by our very own thoughts and emotions.** This story is a very good example that clearly shows how far your mind can take you and how it can leave you alone in grave situations in just a matter of seconds. We come across moments like this very often in our day-to-day life. Only when we are in awareness can we escape such situations.

SUPREMACY OF THOUGHTS

All the thoughts coming in our mind is not necessarily ours. Many times, these thoughts are borrowed or shared from others. Only when we are aware about our own thought patterns can we stop ourselves from reacting to thoughts that are not truly ours. If we take ownership of all the thoughts arising in our mind, we will for sure go mad at one point of time. In Tamil there is a saying, 'எண்ணம் எங்கும் பாயும்' which means our thoughts can travel anywhere and reach a person even after many centuries. So, there is a reaction to each and every thought that we let out, if not now then maybe even one thousand years later. When we think something and if it is a negative thought, we can easily identify it even if we are 1% aware and during such times, we send these thoughts to our backyard. But these thoughts are already let out and it would still be in this existence. If a person who knows to read thoughts arrives, he can see all these thoughts lingering in this existence just like the clouds in the sky. We are constantly surrounded by these thought clouds and there will definitely be a reaction to each of these thoughts.



For example, let us consider a situation wherein a person is walking across a huge river. The person thinks that it would be very useful if a dam is built across the river which will benefit the villagers around. But that person is a commoner, and he does not have the power to bring his thoughts to action. This thought is already let out and it now belongs to the existence. When a suitable person with the power and capacity to build the dam comes to that very place even after one thousand years, he would suddenly get that thought out of nowhere and he will make that thought come true. Just like how a farmer sows viable seeds to reap good yields, in the farm called human mind, we should only sow positive thoughts to reap good benefits. If we sow negative thoughts, we will only have negative impacts as returns.

Having said these, Mind is also the biggest enemy of humankind. It will influence us to do all negative things and once we give in and react, it will blame us for the same till the end of our lifetime. So, a seeker should try to understand his mind completely by analysing all lengths and breadths of it and rule the mind accordingly. Only we should be the ruler, and we should not let our mind do the ruling and the first and foremost step forward to achieve this is to meditate. The same is quoted in Tamil by the following verse.

**‘மனதை மனதால் அறிந்து ஆராய்ந்து ஆட்சி புரிய
வேண்டும்’**

If we let our mind do the ruling, it will take us to HELL only. Hence one should know that thoughts are the base for all actions in this world at the seed level. Only when the thoughts comes into action, can we know the reaction. Normal people can never act beyond the clutches of their mind and no human being can win against their mind. Therefore, a seeker should always make sure that his negative mind remains silent and only the positives turn into actions. And meditation is the tool that will help a seeker handle his mind properly.

NADUVAN

Lord Shiva is always referred to as 'Naduvan.' Naduvan means the one who stands in between the good and the bad. Saint Vallalar in Thiru Arutpa refers to Lord Shiva as follows.

'நல்லார்க்கும் பொல்லார்க்கும் நடுவில் நின்ற நடுவே'

which means

'The one who remains in the centre , impartial to both the good and the wicked.'

This is because only when one stands in between good and bad, he transcends both!

Similarly, a seeker should always learn to stand in between the good and bad characters of his mind. Only then he can transcend his mind. If you ask a saint, whether he is good or bad, a real saint can never answer this question. **A saint exists in between these two extremities. He cannot identify with either of the qualities. He is neither good nor bad. So, his answer will always be 'I don't know.'**



The great German philosopher, Friedrich Nietzsche quotes **“The tree that would grow to heaven must send its roots to hell.”** To truly ascend to greatness, one must embrace the full spectrum of human experiences including the dark corners, sufferings, and darker truths. He beautifully explains that true transcendence require diving deep into both extremes and rise above both.



In Tamil, there is an ancient phrase

‘நதி மூலம் ரிஷி மூலம் பார்க்க படா!’

which translates as

“The origin of a river and the lineage of a sage should never be questioned.”

A river, along its path may flow turbulently with a great force and with gushing waters. But when you look at the source of the river, it is often a narrow brook or a seepage from aquifers or porous rocks. When one sees only the origin and associates with it, the true nature will be missed. Instead of searching for the source of a river, one should always look at the full spate with which it is flowing.

In the same way, rishis are enlightened persons who have realized the supreme truth and possess eternal knowledge and great wisdom. All good qualities are attributed to them. But when you look at their lineage or background, they would have been great sinners in their past. When you look at their past, our mind gets associated with the past and fails to recognize and realize the present. What truly matters is their wisdom/Gnana in the present.

Mind also can be associated with this phrase. Mind has both positive and negative characters and shades. When negative/evil thoughts arise in our mind, a seeker should never acknowledge them and should never act on them impulsively. A seeker should only relate with the positive thoughts arising in his mind.

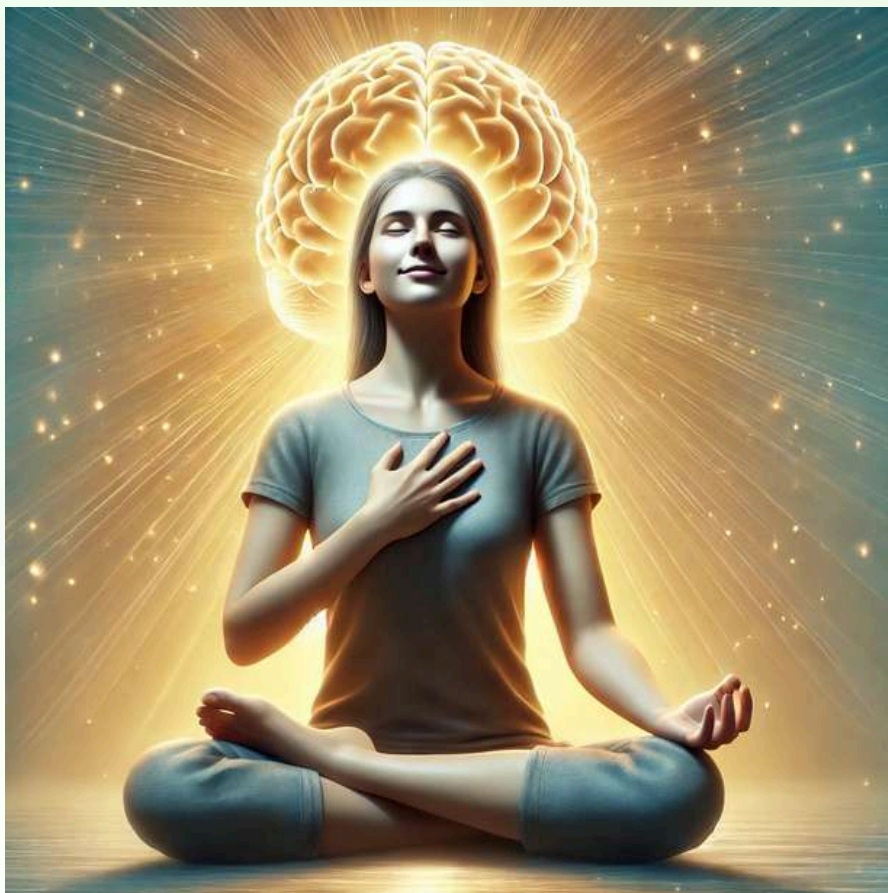
ANALOGY BETWEEN MIND AND BREATHING

Observing the gap between two breaths is one of the prominent meditation techniques taught by Lord Shiva to Goddess Parvati as mentioned in Vigyan Bairav Tantra. When we inhale, we take in oxygen until our lungs are filled. And then we exhale and leave out carbon dioxide. But between every inhalation and exhalation, there is a small pause.



In that subtle pause, we neither inhale nor exhale. It is a blank pause. **This 'gap' between breaths is considered a space of profound stillness. In that gap, our mind will come to a standstill. In fact, in that small gap, there will be no mind.** By focussing on this subtle gap between the breaths, a seeker can learn the art of silencing the mind.

Human mind and breathing process are very much interconnected. When you constantly watch your breathing pattern, your mind will calm down automatically. In a similar fashion, when you watch your mind with awareness, your breathing will become very smooth. So, the cue to control your mind is to control your breathing pattern. Depending upon the mood and emotions of the mind, our breathing pattern changes. When one is angry, the breathing will be rapid and shallow. There are two ways to calm and silence the mind when one is angry. The direct approach is to watch the anger with awareness, drop the anger, disassociate with it, and finally come out of it. The easier, but indirect approach is to control the breathing process and regulate it watchfully. Gradually the anger subsides and the mind calms down.



The great saint and poet Thiruvalluvar explains the need to restrain anger in the following Kural,

**தன்னைத்தான் காக்கின் சினங்காக்க காவாக்கால்
தன்னையே கொல்லுஞ் சினம்.**

Anger is like a double edged sword. It will not only destroy the one facing it, but will also destroy the one who is wielding it when one does not learn to control his anger. That is why anger is always considered dangerous. To reduce the anger, a seeker should first tame the mind using constant awareness. And to achieve this awareness, he must meditate regularly.

PURIFICATION OF THE MIND

To understand and tame the mind, a yogi on the path should meditate in the **Netrikann chakra** (Agni chakra) regularly. It is the chakra where Manmadhan (Kamdev) was burnt by Lord Shiva. Netrikann is the only chakra which has the potential to burn all our evil passions. In Tamil, we call them as 'மும்மலங்கள் - ஆணவம், கன்மம், மாயை' which means 'Three Impurities – Arrogance, Pride and Illusion'. Netrikann is the only chakra in which a yogi can destroy these three great obstacles or impurities. The fire of tapas will burn all these desires concealing the real self, leading to the purification of the mind and ultimately, liberation of the soul.



Netrikann tapas will destroy all the evil characters of the mind and washes away all our dirt and sins. When a yogi does Netrikann tapas sincerely, all the attachments will wane off and he becomes detached from all the materialistic things in the world. He will neither have any desires, nor any investments for the future. Most importantly, a yogi who does Netrikann meditation can never go wrong and never make any mistakes. He can never hurt others using his words. He will prevail as the epitome of truth.

The only shortcoming of Netrikann meditation is that, during the initial stages of meditation, the seeker will become short tempered and get a surge of anger that is very volatile. But it will have no impact or ill effects. One moment he will experience peak anger. The next second, it will vanish. These initial stages are the time when the seeker realizes the true beauty of the emotion – anger. **Anger should be used as a beautiful accessory that expresses our dislike or disagreement. It should never be used as a weapon that destroys , hurts, or intimidates others. This truth can only be realized when one does Netrikann meditation.**

When all the negative characters are removed, our mind becomes pure. When mind becomes pure, the inner self becomes transparent. Also, the physical body becomes pure and naturally the food habits becomes healthy. Everything that is associated with our body, mind and soul becomes pure. Such is the power of Netrikann meditation.

When a yogi who has burnt all his desires and impurities, looks at his mind, he will see a pure space that is completely void. That empty space will feel like an abyss. The depth it carries will be immeasurable. This depth of the pure mind can only be realised by real seekers. A seeker/yogi who operates from this depth of the mind, can never speak much. He will speak very less and only the essential.

A normal human mind which operates on the periphery will be a chatterbox constantly jumping from one thought to another. When people speak from this state of mind, they tend to speak a lot. Their speech will be meaningless most of the time and their words will not carry any depth. But when a yogi with a pure mind speaks, his words will be alluring and magnetic. Even though he speaks less, his words will carry immense depth and attract listeners. This is the reason disciples and people always wait eagerly to hear their guru or saint utter a few words. Such yogi/saint's mind can be described as a **'crystal clear mind'**. When everything in the mind is burnt to ashes and only the vessel remains, it becomes synonymous to an empty bullet shell. Such a mind can be used to scare people, but never to hurt or harm people. It remains as pure emptiness without any content of its own – no thoughts, no wishes, no desires, no emotions!

Swami Vivekananda in Gyana Yoga (Jnana Yoga) uses the metaphor of muddy water to describe a normal human mind. When one looks in the muddy water, nothing will be visible. Similarly, a normal human mind is constantly disturbed by thoughts, emotions, and distractions, and in that state, one cannot perceive the truth.



When the water is left undisturbed, slowly the mud settles to the bottom and the water becomes clear. When the water become clear, one can clearly see the bottom and its contents. Similarly, when a yogi performs sincere Netrikann tapas, the mind becomes free of disturbances and thoughts and becomes pure. In that state of pure mind, one can reach the depth of the mind and realize the divine self residing within.

Also, when the mind is experiencing constant traffic, the thoughts will be powerless. The energy of the mind is bombarded between the multiple thoughts leading to energy exhaustion. These thoughts are of no use. But when the mind is completely empty and pure, every single thought arising in it will become immensely powerful. **All the energy will be directed towards that single thought, and it will become a reality. That is the power of a pure mind.**

So, every seeker in the spiritual path should constantly meditate on the Netrikann chakra and learn to streamline his thoughts, words, and actions. Only when they are streamlined into a positive course, the mind will become healthy. When the mind becomes healthy, the physical body becomes healthy. Only when the body becomes healthy, our life becomes peaceful. And such a life is necessary to seek GOD and realize their true self.

There is no such thing called 'MIND', but it is perceived by everyone in this world.

But the 'BEING' inside the body is a real entity, but it is not perceived by everyone.

This is pure MAYA!

SAINT SUNDAR

HIS HOLINESS AT VED VYAS GUFA, BADRINATH



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WEBSITES

Guruji Sundar

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Astral Attachments

Nagalogam