Art of mind control
Why mind control?

- Better life
- Efficiency
- Success
- Happiness
- Peace
- Better citizen
- Purity
- Cooperation
Mind
Avanti brahmana

What is the cause of my happiness/distress?

- Higher power
- My own body
- Planets
- Past karma
- Time

Finding shelter beyond the mind
Gita on Mind

bandhur ātmātmanas tasya yenātmaivātmanā jītaḥ anātmanas tu śatrutve vartetātmaiva śatru-vat
Mantra Meditation

\[ \text{man} \]

(mind)

+ 

\[ \text{tra} \]

(deliverer)
Elements of Meditation

- Purpose?
- Object?
- Parameters?
- Basis?
- Process?
Mantra Meditation

Tried and Tested

Purity

Peace

Simplicity

Awakening

Happiness

Immortality

Cooling

Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Rama Hare Hare
Nine keys on meditation
(unlock the treasure of mantra)
Chant the Hare Krishna Mahamantra
Key 2

Determination
Key 3

Chant ONE mantra
Key 4

Detachment
Key 5

Ignore the mind
Drag the mind back
Key 7

Humility
Taking shelter of the holy name
Awaiting grace of God
Thank you very much!