

## **2. The science of the human mind**

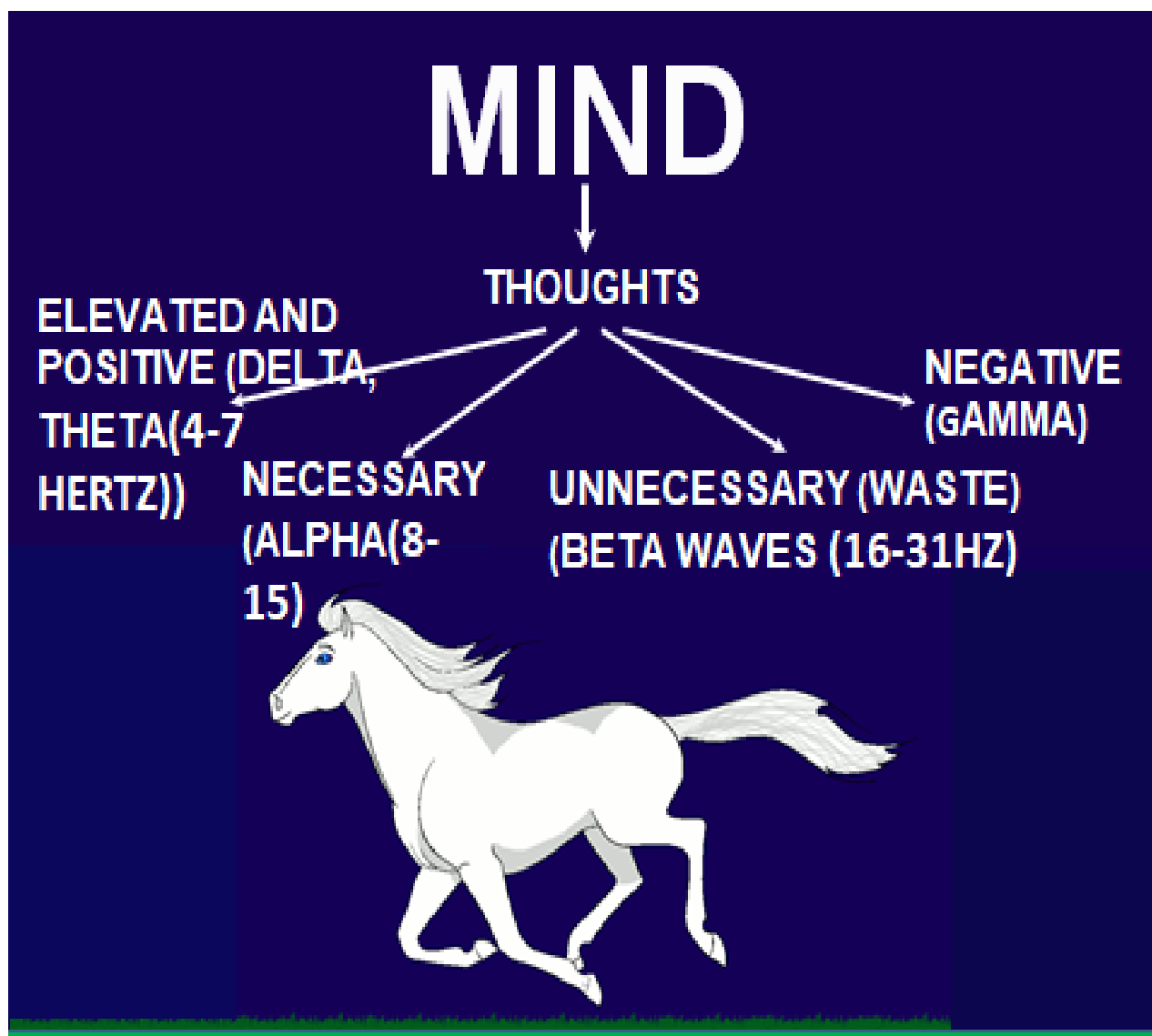
Every human being has two types of bodies - terrestrial or physical and subtle or luminous bodies. The one who runs these two bodies is the astral, incorporeal, spiritual, formless, invisible power, point of light soul, which is immortal, eternal, and indestructible. Just as there are protons, electrons and neutrons inside the atom, so there are three powers inside the soul. The power of the soul to think is called the mind, power to make decisions is called the intellect and the power of the soul to remember is called resolves or sansakar that is imprint on souls which is by thinking and doing. These three powers of the soul are called the SIM card of the soul i.e. the powers of the soul are called SIM. "SIM" means "S" stands for Sansakar or imprint or resolves, "I" stands for intellect and "M" stands for mind. The powers of the soul can also be called the Management Information System (reversal of SIM that is MIS where M stands for mind, I stands for intellect and S stands for sanskars or resolves or imprint) through which the soul has complete control over the body.

The thinking power of the soul is known as the mind, meaning the human mind always produces thoughts. The instinct of the human mind is to think constantly, and it is compared to an uncontrollable horse, but it is not. The mind is like our child, so it is our responsibility to change it, for which no one else can be blamed. Only by constant, honest and regular practice, the mind can be trained and transformed. The power of thinking is called the power of determination. The transformation of world is accomplished only on the basis of determined thought by Supreme Soul where power of thought explains the importance of it. The power of thought is the great power of the world, which is also accepted by science. Each human mind does an average of 25 to 30 thoughts per minute. Every human being

thinks an average of 40,000 thoughts every day. In the terminology of science, the number of wave (vibrations) of such thoughts is measured in hertz per second and such waves are known by various names. Hans Berger began measuring the vibrations of the human mind with electroencephalography (EEG) in 1924. The thoughts of the human mind can be divided into five categories as shown in the picture.

**1. Negative thoughts:** Negative thinking is when the human mind thinks of jealousy, hatred, enmity, dislike, fear, worry, me, mine etc. towards someone. Negative thoughts also include poisonous or toxic thoughts. In religious language, the thought that comes under the body consciousness, lust, anger, greed, attachment and ego are called negative thoughts. Therefore five great evils lust, anger, greed, attachment, ego, there are five little evils such as excessive or too many desires, hatred, fear, worry and I, with mine. Any thoughts that are under the influence of these ten evils or vices are called negative thoughts. This is the same Dashanan or ten-headed Ravan (demon) in a human being per Hinduism and there is no other human or demon or devil like that as portrayed. Ravan is the symbol of negative thoughts comprising of 10 evils or demons. These are such thoughts where maximum power of human being is wasted. The speed of such thoughts is 40 or more thoughts per minute. This causes a war or attack of such forceful thoughts causing sometime even brain hemorrhage. In the terminology of science, the number of waves or vibrations of such thoughts is 32 or more hertz or waves per second and it is known as gamma waves. In the present circumstances the negative thoughts of the human mind are maximum, which makes the maximum use of our power knowingly or unknowingly. The mind is our own, so we do not have to suppress it but transform to other thoughts. This achievement can be attained through continuous practice.

**2. Waste thoughts:** The thoughts over which human being have no control, are called waste thoughts. We have no control over our past and future, so it is useless to think too much about it. For example, a person insults another 20 years ago, and that person hurts himself by repeatedly remembering and creating a feeling of revenge in his mind by producing such a hormone in his body every time when same thought arises. Instead



of that he has advantage in forgetting and forgiving. This does not mean not doing any karma, but doing the karma that has to be done in a calm

and stable manner. If someone has an accident with our vehicle, instead of arguing and fighting, we should do what we have to do, such as compromise or take legal action, but be free from waste thoughts leading to own goodness. Getting rid of clutter of such thoughts is not easy.

Therefore, if a mistake is made for the first time, take new experience from it and take care not to repeat it in future. To make the future better by learning lessons from the past and applying them to the present is better for bright future. The speed of such waste thoughts is 30 to 40 thoughts per minute, in the terminology of science the number of waves of such thoughts is 16 to 31 waves per second (hertz), known as beta waves. Such waste thoughts consume much of our energy. In the present circumstances, 90% of human thoughts are negative and waste thoughts, which science says that human beings use their mind power at most 10%, because 90% of such thoughts negative and waste thoughts. We have a habit of such thoughts, and that habit or sansakar we have created. Now we have to change the direction of thoughts by explaining our mind, which can be called Rajyoga in general terms.

**3. Necessary thoughts:** Thoughts needed in our daily work can be called necessary thoughts. Normal or neutral or ordinary or general thoughts also included in necessary thoughts. For example, thoughts about getting up, resting, eating, walking, sitting, doing a job or business, caring for children, spouse, parents, relatives, friends, co-workers, etc. are called necessary thoughts. The speed of necessary thoughts is 20 to 30 thoughts per minute, in which power is used normally but energy is not expended much. In the terminology of science, the number of vibrations of such thoughts is 8 to 15 waves per second (hertz) and it is known as alpha waves. Such thoughts are also necessary in daily life for individuals living in the world. Necessary thoughts are the basis of daily life and Rajyoga is to be done by

staying in household, this is not a matter of renunciation from our home. Hence necessary thoughts are essential for our daily life.

**4. Positive thoughts:** Thoughts that involve the happiness or welfare of oneself and the world are called positive thoughts. For example, I am soul, source of unlimited light and full of peace, knowledge, power, purity, happiness, bliss, and love. All the souls of the world are also full of the knowledge, powers and virtues of supreme Almighty. All souls play their role in the world drama, I have to focus on my character and play it in an excellent way. I have to learn by accepting goodness and play my role with improvement. The speed of positive thoughts is 10 to 20 thoughts per minute; in which energy is stored i.e. energy is not wasted. Our thoughts go into nature and return by adding the same kind of thoughts by nature, which is the law of nature. For example, planting the seed of a tree or the seed of a grain in nature return many fold of fruits or grains. In the same way, positive thoughts return by adding the same kind of thoughts by nature, thus increasing our power. In the terminology of science, the number of vibrations of such thoughts is 4 to 7 per second (hertz) and it is known as theta rays.

**5. Elevated thoughts:** This type of thinking is the basis of self-transformation. Strong, intense, powerful, and determined thoughts are called elevated thoughts. Elevated thoughts also include fair, just and true thoughts. If a person has a smoking habit and wants to quit, he goes into an environment where he is encouraged to quit the addiction, and quits on the basis of strong will power. Such elevated thoughts help to bring about a radical change in human beings. The speed of elevated thoughts is less than 10 thoughts per minute, in which a lot of energy is stored, i.e. energy is not wasted at all. Our thoughts go into nature and return by adding the same kind of thoughts from nature, which is the law of nature so our power

increases immeasurably. In the terminology of science, the number of waves of such thoughts is less than 4 per second (hertz) and it is known as delta waves.

The mind is ours and it is accustomed to thinking about negativity as well as futility or waste but the mind is like our child. So it is our responsibility to transform waste and negative thoughts to positive and elevated thoughts by explaining it and without suppressing it. As mother using method of giving her child a nice toy or toffee to get rid of knife, our mind can also be trained 100% by practicing good thoughts, which can be done very easily through regular and continuous practice of Rajyoga.

In 1978, Scientists from the Medical and Science Research Institute, University of Texas declared Brahmakumari Dadi Janaki (spiritual head of the Brahmakumari Institute from 2007 to 2019) as the "Most Stable Mind" in the world, who left her mortal coil in March 2019 at age of 104 years. Scientists used electroencephalography to measure the waves of their minds in all states of motion that is moving, walking, eating, drinking, getting up, sitting down, preparing food, calculating, giving speeches, sleeping, etc., and concluded that her mind was in delta waves in each state. Delta waves are seen during meditation and in dreamless sleep. Asked how she achieved this state of "most stable mind", she said that such a state is due to continuous practice of Rajyoga. Anyone can easily create such a stable stage through regular and continuous practice of Rajyoga. So let us also make our mind not without thoughts but good mind meaning stable, calm, cool, immovable and unshakable, to attain that stage.

We can do yoga or meditation on the mind based on the above knowledge. We are point of light (Jyotirbindu) form soul, which governs the physical and subtle body and is formless, immortal, and eternal. The soul has

complete control over its body through its three powers mind, intellect and sanskaras. The thinking power of the soul is called mind. Our mind normally does 30 to 40 thoughts per minute, so about 40,000 thoughts per day. Every thought is energy, which is transmitted in the form of vibrations in the atmosphere. Constant thinking is the nature of the mind so its power can be used positively by making the mind positive instead of no thinking. The imprint of what we think and do recorded on the soul as resolves (sanskars), which arises from thinking and acting. We are the master of physical bodies. We observe and analyze our thoughts every hour. Surprisingly our thoughts are mostly negative and waste. We generate these thought, which means we have control over them. Now we will think that we are the master powerful, master virtuous and possessors of true knowledge. We will think, read, listen and see elevated and positive personalities and matters to make our life positive. We will keep our stage stable, calm, cool, immovable and unshakable even in the battle of thoughts and actions. We are souls with peaceful, powerful and pure mind.

\*2. This article appeared in Gujarati language in Gujarat Newslite, Canada on 5.7.21