

## Do Not Yield to the Moods of Your Mind

**M**ake every effort to diligently master your moods and varying states of your mind. Do not depend upon moods for being inspired or upon a mental condition for performing a particular duty or accomplishing a task that you have set before yourself. By constantly depending upon a mood of the mind, you develop a weak personality.

Some people are proud of being in a “mood.” They cannot be approached when they are in a mood; one must wait until they are out of it. This is considered normal by many, but such reliance on moods makes you waste much of your time.

It is true that mind, as well as the entire field of *Prakriti* (Nature) pulsates like a pendulum. Like waves in the ocean, every object and every level of existence is characterized by a swinging between two extremes. In grosser levels of existence, the length of the swing is greater, and it is difficult to restore order and harmony when there is an upset. But, in subtler levels, the pendulum movement is shorter and of a finer nature. Therefore, it can be easily controlled.

**W**hen your mind is gradually trained to understand the nature of the Self, its inclination to inertia can be controlled by watchfulness; and thus, inertia can be converted into an active or a peaceful state. When the mood of restlessness arises, when *rajas* is predominating, you can detach yourself from the restless hankerings of the mind, and thus, convert *rajas* into *sattwa*—harmony of mental functions. When *sattwa* arises in your mind, you should seek that level of the Self that is beyond the three *gunas*, beyond the mind and senses, beyond the world and its modifications.

Do not yield to the moods of your mind. Rather, continue to elevate your mind, to perform what must be performed, no matter how limited you are in energy and inspiration. It is by this persistent effort that you can gradually become a master of your moods and sentiments.

**C**onvert the subtle negative shades of the subconscious—fear, grief, dejection, insecurity, hatred, jealousy, egoism, and violence—into their positive counterparts—courage, joy, bliss, security, love, freedom from jealousy and egoism, and non-violence. As you gradually convert a negative state of the mind into a positive one, you will find more time and energy at your disposal for a greater qualitative expression of your being.

You will destroy the *tamasic* currents of boredom and the *rajasic* waves of vanity, and enter into the *satwic* depths of harmony. You will unfold your latent Divine nature and realize the Self.

*By Swami Jyotirmayananda*