

## The mind

Swami Vishwananda always tells us to make proper use of our God-given mind. He does not like it if someone acts too emotionally or irrationally. He says that *common sense* is incredibly important. The cosmic illusion *maya* is created by the mind, and this is one of God's greatest creations. We should not ignore this divine play, but instead adore *queen maya* because she is so powerful that even God can forget Himself due to her. We have to use the mind to examine and discriminate in order to go beyond this illusion. We must understand that we have a mind, but we *are not* the mind.

The power of the mind is to be rational. We must use the mind fully, but not make it our god. The mind and the power of the mind must be our servant, as rationalism is very limited. The world and our personality are much larger. Swami Vishwananda says that the heart is a lot stronger than the mind. The mind has neither access to the dimensions of the heart nor the feelings of the soul. Even the strongest mind cannot grasp the power of the heart. The mind can only understand that the heart emanates from a different dimension to which the mind has no access. The truth of the heart is love, which is the opposite of the truth of the mind which is rational or logical. Love is always stronger because as the ultimate reality, it is an end in itself. The weakness of rationalism is that logic always has to start with a belief, which in itself is quite irrational. This is also the imperfection found in the outer world. Since it is inconsistent, one cannot find lasting happiness in *maya*, only in Love — which is God. As a consequence, one should not pay too much attention to the worries and troubles that accompany everyday life. As it is the innate function of *maya* to make a big issue out of everything, we pay too much attention to them. Swami Vishwananda says,

“Where the attention goes, the energy flows. It is better to use the mind to meditate on God”.