



Mind It's Mysteries and Control

Swami Sivananda

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Fear not. The mind is no doubt extremely turbulent. Through repeated attempts you can perfectly subdue it. You are the master of the mind. By Abhyasa (practice/sadhana) and vairagya (renunciation) assert your mastery. Feel the power, bliss and splendour that results from perfect self-conquest. Curb the mind ruthlessly. Annihilate desire. When desire dies mind is your slave. Become desireless and be victorious. It will help you rest in pristine freedom.

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