

## IS THE MIND ENOUGH?

*Right now, our lives are consumed by the struggles, knocks and shocks of life. All our energies are spent in coping with the endless challenges that life keeps throwing up on a daily basis. We curse and struggle; endure stress and anxiety; always racing against time to meet deadlines and suffering from time-poverty. We don't seem to live; but always hoping to live tomorrow. In the meantime, the sand of life keeps slipping through our fingers. We never seem to get on top of things and circumstances. The reason being we are always trying to manage things from the level of the mind. Perhaps a calm and serene mind could have handled all this very well, but we do not have the faintest idea as to how to calm the mind. And the mind that is fragmented in a thousand ways under the onslaught of the raging tempest of our desires, pulls, anxieties, hopes and expectations, is simply not up to the job.*

*The mind with which we expect to cope with the world, fails miserably because the mind itself is in turmoil. It's like trying to cross the raging sea of life with a leaky vessel and a broken rudder. That is why life is a constant struggle without a moment's peace. Moreover, mind is not the kind of instrument that can be depended upon for the right conduct of our lives. Because mind has its inherent limitations. We often use our minds to rationalize all the wrongs we do in life. Though reason and logic are exalted by one and all as high virtues, we often press reason into the service of our own desires. In fact, very often our desires wear the garb of reason to justify themselves. And we are experts at finding reasons for every vile deed that we may commit. Reason can be used to justify anything. Even crime. Ask any criminal or murderer languishing in prison – he too has his reasons for committing the crime for which he is serving the sentence. The only problems is, the law and the society do not agree with his reason. That is why he is in jail. Modern man is so enamoured of Reason that he places it on a pedestal and hence it is difficult for us to see that Reason is the slave of our desires. Reason obeys our wishes. That is why Reason turns out to be as fickle as the weather; as erratic as our*

*emotions. This mind, this imperfect instrument is supposed to be our guide! No wonder we are miserable.*