



**Dagens Ord
fra
2005**



Sindet kaldes "Manas", fordi den hele tiden er engageret i færd med at 'Manana' eller tankevækkende betragtning, fordybelse. Meget ofte er sindet ledt på afveje af modstridende impulser, der genereres i det.

Sindet bevæger sig hurtigere end vinden. Ligesom vi anvender bremsen til at standse en hurtigt-kørende bil, er vi nødt til at bremse strømmen af vores tanker.

Den lunefulde sinds natur virker som en hindring for menneskets åndelige fremskridt.

Derfor er det bydende nødvendigt, at enhver åndelig aspirant får kontrol over sit sind, hvis han længes efter at fordybe sig i den lyksalighed, der er hans indre selv.



The mind is called 'Manas' because it is continually engaged in the process of 'Manana' or cogitation. Very often, the mind is led astray by conflicting impulses that are generated in it.

The mind travels faster than the wind. Just as we apply brakes to halt a fast-moving vehicle, we have to curb the flow of our thoughts.

The fickle nature of the mind acts as an impediment to man's spiritual progress.

Hence, it is imperative that every spiritual aspirant gains control over his mind if he yearns to immerse himself in the bliss that is his inner self.

