

# The Power of Mind

*"A calm mind can counter anything but nothing can counter a calm mind."*

How often does it happen to you that you are doing one thing but thinking about the other? Your mind takes a ride into a world of its own without your command. When the mind is agitated you become restless. The thoughts run away from you. That is precisely when you lose focus and the mind behaves like a wanderer.

An agitated mind can never be focused. It will go from one thought to the other without any purpose or reason. Such a mind is unsteady and full of distracted thoughts. A focused mind is a calm mind. A calm mind is in the present and does not run away to the past or future. It does not race ahead and is absorbed with the task at hand. A calm mind is focused on the problem and does not worry about anything else. A calm mind can solve the biggest problems. A calm mind is unruffled, steadfast in its job. It is ready to counter any problem with almost detached outlook.

The longer you can remain in the present the greater will be your ability to solve the problems. The more calm your mind the better you will become at everything you do. A calm mind is the most powerful thing in the world with it you can conquer anything. It is single pointed surrender to what you are doing and becoming one with it.

It is impossible to have a calm mind all the time. But the longer you can keep away unwanted thoughts the more will be your capacity to solve the problems. Following are a few tips on quietening the mind.

## **Tips on keeping a calm mind.**

1. Nothing is going to last. Every problem will be over one way or the other. Do not think about the consequences think about your actions.
2. Engage your mind in repeating affirmations. Repeat one affirmation at a time. This way the mind gets tied to a thought. It will not run away, slowly the mind gets disciplined and the same discipline of the mind can be used when you are doing other tasks as well.
3. Every battle with the mind is important. If you do not try to control your mind it will take control on you. Even when you lose its important to recognise that you are trying. You lose all the battles when you do not compete. It is better to compete and lose than not to try at all.
4. Keep a close watch on your thoughts. Thinking about unimportant and useless things is a waste of time. Try to empty your mind of all thoughts by just concentrating on your breath for a minute or two. Breathe deep and be relaxed. The thoughts will disappear.
5. When you are doing anything remember these two things: there are certain things beyond your control and you cannot change them. Past and future are obstacles to the present.

It is impossible to keep a steady mind which is devoid of all thoughts all the time. But the top people in any field are the people who are generally able to focus longer than others. Whether it is an athlete or a computer scientist the degree of the concentration decides the degree of success that one reaches. The top professionals like Tiger Woods, Federers are people who are extremely focused. They are in the present and that is what brings them enormous success. Their peak performances are reached when they have an uncluttered mindset. An uncluttered mind is free of any unwanted thoughts. That is when they are able to focus the best.

Have a Zen like poise in anything you do. Whether it is walking, eating or doing any other activity, be in the present. Be mindful of every action that you do. Focus on every little act and soon your mind will be focused to solve the big problems.