

**INSPIRING MILLIONS WORLDWIDE**

# **How to control your Mind?**



“

**Either you control your mind,  
or your mind will control you.**

”

**SANDEEP MAHESHWARI**

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# About Sandeep Maheshwari

Sandeep Maheshwari is a name among millions who struggled, failed and surged ahead in search of success, happiness and contentment. Just like any middle class guy, he too had a bunch of unclear dreams and a blurred vision of his goals in life. All he had was an undying attitude to hold on to. Rowing through ups and downs, it was time that taught him the true meaning of life.

And once discovered, he consistently kept resigning from his comfort zone to sharpen his understanding and share it with the entire world. His unshakable faith in the divine power is what grants him the strength to thrive.

Inspiring countless people from all walks of life in discovering their true potential through his Free Seminars, he strongly believes that “If you have more than you need, simply share it with those who need it the most.”

**To know more about him, simply visit:**

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# Preface

We as human beings are driven by the Mind. The Mind that persistently seeks pleasure and avoids pain. It only thinks about now and what's immediate. Labeling things in a certain way, the mind differentiates pleasure from pain purely from the immediate point of view. It is short sighted and turns blind when it comes to thinking about the consequences. For the Mind, there's no right or wrong. Instincts are what drive the mind. So conditioned are we by the Mind that we are used to seeing things in a certain way; do things the way we have always done. However, when we learn to control our mind and master our thinking, it is only then we have the power and freedom to change our lives profoundly.

Ever since the video **'How to Control your Mind'** by Sandeep Maheshwari went live on YouTube, countless people reported significant transformation in their lives. Requests started pouring in and the video was translated into this E-Book for more and more to benefit from.

This book is the crux of a dialogue between Sandeep Maheshwari and the audience. The dialogue mainly points out the difference between dual levels of existence. The Mind and the Intellect. It outlines how the Intellect can be used to direct the Mind in the right direction. While giving you a complete demonstration punctuated with real life relatable examples of how to control the Mind, the narrator also spotlights the true level of existence and unveils the infinite amidst the finite world.

# How to Control your Mind?

**Sandeep Maheshwari:** Good morning everybody. Please have a seat.

**Audience:** Good morning Sir! We are deeply overwhelmed seeing you live, in person, for the first time.

**Sandeep Maheshwari:** So, you guys tell me which topic should I touch upon today?

**Audience:** Simplifying life!

**Sandeep Maheshwari:** Simplifying life! Fine.

**Audience:** How to make better decisions?

**Audience:** How to reduce the gap between knowing and doing?

**Sandeep Maheshwari:** Knowing and doing. You mean we know what is right, but still, we end up doing the wrong things.

**Audience:** Exactly.

**Audience:** How to make life peaceful irrespective of the situation?

**Sandeep Maheshwari:** Okay! Anything else?

**Audience:** We know that we should not be fearful but still, we end up being afraid. We observe how lazy we are in everyday life. For instance, rising up early, eating healthy, we all know are a few good habits. Knowing so, we are still unable to implement these thoughts. But when it comes to advising others, we go ahead and tell people to be fearless and take life as it comes. We lecture others to be indifferent to the situation and to focus on work, good deeds and what not. But as soon as we find ourselves in such a situation...

**Sandeep Maheshwari:** ...we get stuck, right?

**Audience:** Exactly! And even if we are aware of the right action momentarily, it so happens that something else comes our way and distracts us again.

**Sandeep Maheshwari:** Okay, taking your point further. Now where do you think the Mind gets distracted? Where?

Obviously, towards pleasures, towards anything and everything that gives us pleasurable experiences. We try to avoid anything that gives us pain. Therefore, the point is how to persuade the Mind into doing things that are actually right, but do not assure us of any such pleasure. How can this Mind be managed, if at all it can be? There is only one way to do that and that is to use our Intellect. The deeper we understand a particular issue at an intellectual level, the sooner we shall realise what that issue is all about. And it is not that we do not understand the issue and its consequences at present. But having said that, our understanding or knowledge is not deep enough regarding that very issue. In other words, it is superficial. But if you really contemplate and dig deep, you'll drop it and let go of it.

**Audience:** Sir, we mostly pay lip service to these things. As in, I have listened to all your sessions. In fact, I start my day by listening to your sessions. But as the day progresses, everything I heard in the morning fades off the Mind by the night.

**Sandeep Maheshwari:** Look, this is an important point to understand. Life is like a flowing river. And what we are trying to do? We are trying to draw lines on a free flowing river. Is this possible? No, of course it's not. We all know that. So, what to do?

For example: let's look at the waves being formed in the river. Now what is the reason behind their very formation? As I said, we have to dig deep and understand this phenomena at the Intellect level. There are rocks lying on the river bed. And it is these very rocks that when kept in a particular formation, are making the water flow faster. While at other places, where the rock formations are different, the water is relatively calmer. It implies that these very rocks are causing waves in the water. Similarly, while I'm speaking: Imagine I'm drawing a figurative line in the

rivers of your Mind - you hear me and then promptly forget what I just said. It won't make a difference to your life. But to make some life altering changes, you need to change the formation of those rocks lying at the river bed of your life. And it needs some serious effort. So when you start making these alterations by bringing them in practice, your entire personality begins undergoing transformation. And one day, you are able to demolish all the rocks in your life's river bed. Hence ending the very cause of all the restlessness within you. It is that very moment when your life becomes a serene flowing river. However, if you don't bring a single thing to actual practice, all these sessions are like lines drawn on water. Drawn and erased. And this will go on like this. No use.

Right now, driven by our old habit patterns, we have no control whatsoever on our lives. Our habits mould us the way they want. These habits are not recent. They have been formed over a continuous process of several years. How can you even expect them to evaporate by simply listening to just one session? For that, the first step is to tell your mind: See, this is the right thing to do and this option is not right for me, hence, I must avoid it. After this first step, you have to then inculcate the right things into your everyday life. This will make your Intellect develop gradually, making it stronger. Now, how does this happen? See, if you think correctly, your Intellect strengthens. Various useless conversations do the rounds everywhere. And it is these very baseless conversations that trigger the Mind with even more wasteful thoughts day in and day out. These thoughts weaken our Intellect. And in turn, our Mind becomes powerful.

It's this very Mind that makes us drink alcohol, play loud music, dance like crazy, and then drive at 200 km/hour. Is this not what people usually do? Why do you think they do it? Just because their Mind controls them. Rather, if their Intellect would have controlled the same situation, what would have been the advice? Go ahead and drink, perhaps, even dance in a nightclub, but driving after drinking is NOT permitted.

Whose job is to talk sense? Is it your Mind or Intellect? Intellect of course. However, most of the time we ignore this Intellect. So all we need to do is to strengthen it. But how?

The first and foremost step is to plant correct thoughts into the Mind. And I guess, they're somewhere within ourselves only. But the problem surfaces when the Mind feeds on our instinctive nature of being inclined towards immediate pleasures which are highly enjoyable. And this is where we stop paying heed towards the Intellect. Isn't it? Our mind's basic nature is to run after pleasures. Who wouldn't love if everything in his life occurs according to what one feels like? On the other hand, what I'm trying to do is an off-beat thing. Now let's say you accept some of the things I'm saying and perhaps reject the rest. Some part of what I'm saying would make sense to you, suppose you start applying it in your life. This initial push starts a process of transformation in you. You will notice changes in yourself. The joy that you feel from these gradual improvements in yourself will be a million times bigger than the joy you draw from petty pleasures. It's a process where you accept that you have weaknesses, you accept them and gradually you overcome them. What do you think will give you greater joy? Overcoming your weaknesses or carrying on being a puppet of the Mind, like you have always done?

**Audience:** Overcoming our weaknesses...

**Sandeep Maheshwari:** Definitely! But having said that, what is the present scenario? It all starts with these small bad habits giving you these meagre pleasures. Then comes a phase when the Mind gets bored of them and gravitates you towards worse habits to draw more momentary pleasure. And these habits only worsen further with time. This is what usually happens in our lives. However, there is no denying that one needs to head in the direction of pleasure, but by doing correct things. There is a certain pleasure in being rightful. For instance, being truthful should make you happy. Let's say there are a thousand people lying about something, you go there and speak the truth. Imagine, what fun it would be!

**Audience:** But Sir, in that case we may also have to face the wrath sometimes.

**Sandeep Maheshwari:** Yes, maybe. But that's where the Intellect comes in. You need to understand whether it is necessary to take a stand. For



example, you know some politician is a crook. And supposedly, he is addressing a rally surrounded by his supporters. Now if you walk in there calling him a crook, they will beat the life out of you. The point is not to become a hero. The point is to take a stand where it is necessary. Or else, be silent. Being silent is also taking a stand in itself. Isn't it? Suppose there are ten people at a wedding gossiping and bitching about people. This is what happens at such get-togethers usually. Now you decide that no matter how much the Mind prods me, you will be silent. Isn't this taking a stand in itself?

**Audience:** Sir, but this Mind is extremely powerful.

**Sandeep Maheshwari:** Yes indeed. Very Powerful.

**Audience:** So in this effort of controlling it, we will fail repeatedly, won't we?

**Sandeep Maheshwari:** Yes, obviously. But the Intellect is also very powerful. In fact, don't underestimate the Intellect. For it is far more powerful than the Mind. If you understand something deeply enough, then you can change the direction of your thinking. Let me give you an example you all can relate with.

Let's say, when you look at your mother and when you look at your girlfriend, are your reactions same in both the cases or different?

**Audience:** Different...

**Sandeep Maheshwari:** And why's that?

**Audience:** Because the relationships are defined.

**Sandeep Maheshwari:** But where are these relationships defined? In your Mind or in your Intellect?

**Audience:** In the Mind.

**Sandeep Maheshwari:** No, they're defined in the Intellect. Get this absolutely clear in your head.

See, what is the basic nature of the Mind? The Mind has no interest whatsoever in people or things. The Mind rather feeds on experiences. As far as the Mind is concerned, it considers both your mother and girlfriend to be just another body. The mind is not discerning. The Mind does not care to differ between the two. This is the very Intellect that differentiates between your mother and your girlfriend. At the level of Intellect, everything changes. The entire chain of reactions is reversed. If you touch or look at your mother, the feeling generated in you is different. Whereas if you touch, hear or see your girlfriend, it's a completely different feeling. Why is this happening? Why is it that when you touch your mother the feeling is different altogether? It is because there is a deep rooted culture, especially in India or the East. Here, the mother is considered to be synonymous to God. This is something already fed to the Intellect. And if something is fed very deeply to the Intellect, the Mind does not dare to go against it. For instance, after you get married, and you realise that from now on, you are committed towards your wife. It's her and her alone, nobody else. This is called clarity given by the Intellect. Now what happens when you see somebody else? It doesn't provoke any reaction in you whatsoever. The mind thus is neutralised. Such is the power of the Intellect.

And anyone who takes decisions on the basis of the Mind, gets trapped. Let's say, you have a good relationship with your wife but somehow, your mind is drifting in the direction of another female. Now, how will you control the Mind? How will you get out of this attraction? Your Intellect tells you that you will end a good relationship with your wife. And all this for what? Just for the sake of momentary pleasure. Your entire life gets destroyed. And who did all this? Someone else? Was it because of that female? Think about it. It was you. Your Mind. That's why, it has to be absolutely clear. It has to be clear as to what is correct and what is not. You must grasp this concept in its entirety. And that's not going to happen in a day.

**Audience:** Sir, we got what you're saying. But even if we make a determined effort. Say for instance, if we see the Mind diverting all over the place, we can make out that it is wandering. But when we make an effort to control it, do you think it will be useful?

**Sandeep Maheshwari:** See it's important to understand what does the word 'effort' exactly mean. Effort does not mean to stop the Mind from running into some direction. Because the more you stop it, the faster it will run in that very direction. That's the basic nature of the Mind. And you can see it for yourself. Let's say you are a young male and your Mind is getting attracted towards a female. Now, try to control it. "No no, I must control my Mind; I must stop it from going there." The more you stop the Mind, the more it goes towards her and most likely you will end up falling in love with that very girl!

This is called misplaced effort. Effort must be in the form of wisdom, the Intellect. The mind is running towards somebody, bring the Intellect into the picture. Bring in your understanding, your sensibility. Take it to the logical level of conclusion. Why to make your life so complex? Why to run after instant, short-driven pleasures? It's that simple.

**Audience:** Let's say I have decided to take fruits in dinner. My Intellect has managed to explain to my Mind that this practice is healthy for me. So I have been able to do that every day, but only for a few days. On say the fifth day, it is likely that my Mind dominates my Intellect and tells me it's time to take a break. So, once again, I am back to normal and eating whatever I feel like.

**Sandeep Maheshwari:** That's a very good point. I, myself have experienced all these situations in my life. So I can relate to what you are saying. Never try to completely oppose the Mind until your Intellect is powerful enough. Always start with making small changes in the beginning.

Since childhood, we are into a habit of eating a certain kind of food. Let's say, you try to change these habits at once and go on a diet. What do you think will happen? Your Mind will get agitated. There will be all kinds of

reactions in your body. You will get a headache. You'll feel panicky and so on. Ultimately, you will give up and eat anything and everything. Isn't it?

So what is the way out? Use your Intellect and tell yourself, "Just because I've chosen to eat fruits at night, does not mean it's healthy for me." Now here, I'm talking about facts. In my opinion, eating fruits at night is not the correct thing to do. The best time to eat fruits is in the morning as the metabolism is at its lowest. So sugar is best consumed then.

Now which side of me knows about all these facts? The Mind or the Intellect? The Intellect, of course. If we talk about dieting, the golden rule is: Never make major changes in your diet. It's not good both for your body and your Mind. Instead, what you can do is start consuming the same diet in a different way. Suppose the oil you are using is high in saturated fats. Perhaps you can replace that oil with the one having higher levels of PUFA and MUFA. PUFA means Poly Unsaturated Fatty Acids. MUFA means Mono Unsaturated Fatty Acids. When you start using healthier oils, it will reduce the fat in your body. Very often, we mistake fat with weight. However, losing weight is not always good for you. Weight can reduce due to two reasons. Losing muscle mass will make you lose weight quickly. But it is not good to lose muscle. On the other hand, losing fat is good for the body. But fat loss doesn't show majorly on the weighing scale. Say, if you lose some muscle mass, you will instantly see a 3 kilo drop in body weight. But losing the same amount of fat will only show 1 kilo of weight loss on scale. So what is it that you're trying to remove from the body? Muscle or fat?

**Audience:** Fat.

**Sandeep Maheshwari:** You have to remove fat and increase the muscle mass. You don't really know what is causing this weight loss. Fruits have very little protein so what happens? Fat increases and muscles reduce. You look at your weight in the morning and are happy that you've lost weight. This weight loss is of no use. And you will only know it through the Intellect. Your Intellect will bring about minor changes in your lifestyle, in your body and in your diet. Your mind will not even notice

those changes. In other words, the Mind will be tricked by the Intellect.

**Audience:** So is there a gap between what we think and what actually is correct?

**Sandeep Maheshwari:** A huge gap...

**Audience:** So what should one do in order to reduce this gap?

**Sandeep Maheshwari:** Sharpen your understanding. There are some issues where it doesn't matter whether you have a deep understanding or not. Let's say there are two political parties. Some think one politician is right while others feel another politician is the right one. It will be a never ending debate. But what's the point? If you ask these very people what they understand about their own body, Whoosh! A big zero. This is called getting dragged away by the Mind. They are using their Intellect in things that are useless and thus, a waste of time. Discussing all these subjects are a total waste of your Intellect. This is how we deplete our energy. If you spend your Intellect on the right things, the Mind will be in control. Rather, you will not have to make an effort to control it. Do everything in a balanced manner. That is the only solution. Going to extremes is what makes us perish.

The Mind is very cunning. Everybody's Mind. Not just yours, or mine but everybody's. We have to realise how tricky the Mind is. And once we understand this, we can then control the Mind. As soon as the Mind tricks you, you can bring in your Intellect and therein kick the Mind away.

**Audience:** Then, how should we train our Intellect? How can we make it strong?

**Sandeep Maheshwari:** Good question. Just think, what is the food for the Mind? Experiences. If you feed the Mind with all the experiences that you feel are pleasurable, the Mind enjoys them more and more. The Mind constantly demands such experiences. In a way, it is addicted. If for instance, today you took one peg of liquor, will your Mind be satisfied

with it? Yes, but only for that very instance. The next time, it will demand one and a half drink. And then two, three and so on. The more you will drink, the more it will demand. This is the very design of the Mind's working. It does not care if the thing is right or wrong. The Mind just seeks pleasure, irrespective of whether it is right or not.

Facts, knowledge and reasoning! What do you think my sessions are for? For your Mind?

**Audience:** For the Intellect.

**Sandeep Maheshwari:** They are for your Intellect, exactly. Strengthen it. Look at the reality. Whatever task you are engaged in, be fully aware about it. People are rushing outside, wandering everywhere. Why? Because their Mind drives them. This world is a huge marketplace. A place where to make money, marketers won't even think twice before selling you poison in the name of pleasure. And your Mind will run for it without even thinking about the consequences. As long as it likes the taste and feel of it, the Mind will literally feed on even garbage.

So, the only savior is the Intellect. And how to sharpen it? Right knowledge, in-depth information. Knowing the difference between right and wrong. Thus, when we hear, read, understand and think about the right things and if we apply them in our daily lives: what do you think will happen? Will this strengthen the Mind or will it sharpen the Intellect?

**Audience:** The Intellect.

**Sandeep Maheshwari:** Exactly. The more powerful your Intellect becomes, the greater control you will have over the Mind, and on your life.

To decode it further, the Mind has three weaknesses. And if you are able to conquer these three, one after the other, then you are the master and the Mind is nothing more than your slave.

The first weakness is when something good happens to you. Something that you've been wishing for so long to happen. Let's say you've been planning about what you would do at your best friend's wedding. What would you wear? How would you dance? And then that day arrives. What happens at such situations? One loses one's control and gets carried away. The Mind takes over and things get messy. Like a domino of mistakes one after the other. You may have noticed how some people go crazy when they become mad with joy. People start talking insolently and regret their behaviour later. Thus, the first weakness of the Mind is becoming over-excited. Although, getting excited is perfectly all right, but to be over excited isn't. Keep a composed Mind and stay balanced. This is the first art we have to learn.

Second. Imagine what you feel when something adverse is happening to you. What happens to our peace at that time? It starts wavering. We go crazy. We start getting irritated. Let's say your wife or girlfriend or your parents say something to you that gets you irritated. Or perhaps they are doing something you do not like. One way is to get angry and lose your calmness. But there's another way to approach it as well. Now you are looking at the situation calmly, without reacting in any way. You decide only after some time as to how you want to react. That too, only if it is necessary for you to react. Notice the difference between the two situations. In one case you are genuinely angry and express it. In the second case you aren't angry but acting as if you are. This means that you are able to understand that anger is rising within you. You are in control. You can see that sensation of anger coming and going. So if you are in control, you won't label your feelings or sensations as good or bad. Because you would be in complete control. It's your choice, whether you want this sensation of anger to control you or not.

A little while ago, I'd gone to a dentist as I had pain in my tooth. He said he'd give me an injection to sedate my mouth so I don't feel any pain. I asked him to go ahead without the injection. So he started doing his procedure and of course, all of us know, toothache is an intense one. It's very painful. But I wanted to see what happens. With childlike fascination, I was watching it. Watching the whole process as it happens.

Now what I noticed were several types of pain. One occurs a few seconds even before the knife touches the skin. What we call pain, is actually fear. Fear from a particular sensation. This fear triggers the sensation even before it actually happens. If we capture that fear in that moment, it disappears.

After that, when the knife finally touches the skin, that's when the painful sensations actually begin. And it is at that very time, as one watches with fascination, if one removes the label of pain assigned to the sensation, it remains a mere sensation only. Do you understand? It's not a pain, it's a sensation. The perspective changes from that of being scared of it to being curious to observe it. It's a part of life. Just as pleasure and pleasurable sensations are essential, painful feelings are needed too. Imagine this. If there is pain in some part of your body, is it good or bad? It's good. Because it indicates that there is a problem somewhere and you need to find a solution for it. If you suddenly die one day without any prior indication or symptoms in your body, then is it good or bad?

Pain is good for our survival. It keeps us cautious. If it would not have been there, then a child will go and jump right into the flame. But the inbuilt intelligence of the child raises an alarm by causing pain and a burning sensation whenever the child goes near the flames. So, pleasure and pain, both these sensations are good for us. It's just that we need to understand them. The problem is not with pleasure. The problem is in running away from pain and being attached with pleasure. The problem is in the actions we undertake in seeking that pleasure, out of desperation. Otherwise, there is absolutely no issue in experiencing pleasurable sensations. You are thirsty, you drink some water: there's nothing wrong with that. It merely means something is working well. Now if you put chilli powder in your eyes, and they start burning, you're obviously doing something wrong. There's no point crying now. If you stop doing foolish acts, the pain will go away. It's that simple. Thus, if you are able to watch this process as it unfolds, then all that remains is a sensation. You can sit and observe very calmly as to what is going on. My mind is getting a danger signal. But my Intellect tells me that this is not dangerous, it is in fact, vital for my existence. If I do not get this signal, the



problem will magnify. Hence, what I should tell my mind is: This sensation is not bad, it's good for the body that you are protecting.

Incidentally, the suffering experienced by the Mind is called by different names such as stress, anxiety, restlessness or depression. On the other hand, what the Body feels is described as pain. Neither of them is bad. Just as we spoke about it earlier, both suffering and pain are in fact good. Whenever your Mind feels stressed, you realise that something is wrong and hence you start feeling uncomfortable. Otherwise there will be no stress. There is no such thing as suffering in this world. It's actually an illusion or our imagination. We have mistaken a lie for the truth, and this suffering is caused by ignorance. Otherwise it is not possible and is completely illogical to be depressed.

All right, let's take one more step forward. One can either feel extremely pleasurable sensations or extremely painful sensations but only for a few minutes or seconds in a day. But what happens in the rest of the day? Nothing, neutral. What should one do in those times? People are unaware of that. Understand carefully. When we are not doing anything, what are we actually doing? This is the biggest art. If you just sit quietly, and even in that neutral state, are feeling great joy from the inside, what do you think will happen to the stress in your life? Will it increase or decrease?

**Audience:** Decrease, of course...

**Sandeep Maheshwari:** Yes, it will almost be over. After all, what is all this stress about? We are not stressed out about two square meals a day. The additional desires that we have cultivated over years, cause this stress. This baggage of our position, reputation, fame and what not. If we keep our life simple, there will be no stress.

Sit calmly, in a neutral state and feel the peace within you. Then you will be able to understand what it means to be absolutely contented with yourself. This is the highest level of existence. All the other things are tools that help you get to this state. Until you think deeply about life, you

can't really reach here. If you sit down calmly, I can assure you that in a maximum of five minutes, you will get bored. You always need something to do. And why's that? Ever thought about it? Either you seek something because you think it will give you a pleasurable experience, or you fear that what if you come across a situation that gives you a painful experience. Is there anything you can think of besides these two things? Both these things are temporary. They come and go. What is permanent? Out of 24 hours in a day, these two states remain only for a few seconds, but what occupies your time for the rest of the day? The neutral state. What is this neutral state? Have you experienced the Sound of Silence?

**Audience:** Yes

**Sandeep Maheshwari:** Now observe it closely and you'll understand what I'm saying. When there is neither a pleasurable nor a painful experience, what's there? One is your consciousness, or yourself. The other is the Sound of Silence.

**Audience:** Yes Sir!

**Sandeep Maheshwari:** So are you alone or not? Think carefully. Who is with you?

**Audience:** It's the Sound of Silence.

**Sandeep Maheshwari:** It's the Sound of Silence. Now what is this Sound of Silence? We need to make this absolutely clear.

So, observe yourself carefully, do not just believe anything out of blind faith. Understand what is temporary and what is permanent. What does it mean when we are attached to something that is temporary or permanent? If I am attached to the permanent, then what am I attached to actually? And if it is not permanent, then why to get attached with anything that is temporary? We get involved in temporary matters and end up weeping about silly things.

If you ask me what Sound of Silence means to me? In short, what I'll say is, for you it's just a sound. You have not put your mind into its understanding. What is it? Think of it as a radio set playing that sound but there's no wire. But if there's no wire, then where is this sound coming from? Have you thought about this? No, you have not. Why? Because you are busy. In petty things. My family, my house, my job and things like that. In order to actually understand the Sound of Silence, first we must rise above these minor ambitions. A man with an empty stomach cannot really think about all these things. Now let's say with smart work and focus, you set up a comfortable life. You've reached a certain level. What happens next? You'll still be unhappy. No matter how high you rise, you will always remain unhappy. Don't consider this to be a curse on you, it is reality!

There will be a day when you will have to understand what this Sound of Silence actually is. There's no wire or anything like that but I can still hear it, not just me, but everybody can hear it! I can hear it without any effort on my part. Even if you ask a five year old child, he can hear it too. He'll say he can. Where is this sound coming from? What is this sound? How is this sound generated? Why does this sound not die out? Every other sound in the world is dying. Living and dying. But this one is not. Why not? Perhaps, it is our lifeline. So if one day you understand this deeply, then it will be as important to you then, as it is to me now. How important is it to me? Say, if somebody tells me that he would take away the Sound of Silence from us and pay us a hundred crore in return. What would you say? Most probably, you'll happily give it up for a few thousand rupees, let go of hundred crores. This is your situation. Suppose I offer to take the Sound of Silence away from you and ask what you want in return. Let's make a deal. You are ready to make a deal with me. You'll ask for some thing or the other. And what exactly that thing is would depend on your situation. Suppose someone is married for a long time but not able to conceive a child. What would they say to me? They would say: All we want is a child, take away the Sound of Silence from me, and just pray for a child to me. Isn't it? Someone will ask for a suitable life partner. Someone else might ask for a degree, say a Doctor's degree. But whatever be the thing, you will take it in return of the Sound

of Silence. And me? What will I say if you give me this offer? If you tell me: Sandeep, take everything, money, name, fame, relationships, your body, or whatever you want, now will you give the Sound of Silence? My answer, no. Nope. I will not give it up. So when you fall in love like this, with that which is permanent, what's the problem? Is there any problem at all?

With whom are you in love with now? Objects? People? Some experiences? Whom? Are any of these things going to stay the same? No. Not at all. On the other hand, is the Sound of Silence going to change? Definitely not. So, who am I in love with? That, which cannot be changed by the greatest of forces in the universe. Something that cannot be taken away from me. And who you are in love with? That, which cannot be saved by the most powerful of forces. The moment you understand this, you will be liberated from all kinds of suffering. If you really understand what I am saying then you are a king, even if you are a pauper in the eyes of the world. And if you do not understand this simple truth, then even if you are the emperor of the world, you are no more than a beggar.

**Audience:** If we consider the Sound of Silence, you once said that I myself am this Sound of Silence. So, does it imply that this Sound of Silence is the God or it is me, or are these the same?

**Sandeep Maheshwari:** I shall make it simpler. Let's say you are on a stage. You are enacting the role of a police officer; whereas in real life of course you aren't one. You are an actor. So are these two different people or is there only one person?

**Audience:** They are the same. Only one person is there.

**Sandeep Maheshwari:** So, what is it that makes us think that they are two?

**Audience:** One is playing a role and the other one is real.

**Sandeep Maheshwari:** Correct. One is acting and the other isn't. A

policeman comes on stage during the act and walks away after that. Now whether this policeman is getting shot, feeling happy, getting married, having children, and so on, all this is happening to the policeman. How does all this affect the actor? If someone doesn't understand the distinction, how would he live his life? The emotional ups and downs of the policeman will now become those of the actor himself. While somebody who understands that this is merely a role or an act that he is playing, how will he live his life? The policeman can live or die, he can earn or lose money; what difference does it make to the actor? Who will be able to do justice to the role more effectively? The man who understands that it is just a role play or the one who doesn't? Think about it.

The one who knows that he is an actor can bring changes to his acting. He can control his role. He can shape himself in the role, because he knows he's an actor. He can transform quickly. He will be flexible to change the roles. He can get out of the policeman's uniform and then wear a sweeper's garb. He's now playing the role of a sweeper. The world may laugh at him and see the policeman being demoted to a sweeper? However, the person who knows that he is the actor, will say go to hell. How will it matter to him if you call him a policeman, a sweeper, a beggar or a king? He knows that all of these are mere roles that he is playing. Aren't they? Now, what if the guy does not realise that he's the actor. What if he genuinely thinks he's the policeman. Now if you take away his police uniform and replace it with sweeper's tatters, what do you think will happen? He'll cry and shout that he is in pain, what a tragedy has befallen upon him and all that. However, this is the only simple truth that you need to understand. You are an actor playing different roles. This will give you the wisdom to look at your problems objectively, being detached from every role you are playing.

**Audience:** As you also explained earlier, we consider ourselves to be a wave but we actually are the water itself. And water is like the Sound of Silence, always flowing, always the same. Waves appear and disappear but water remains the same. Similarly, the Sound of Silence remains the same. So, if the Sound of Silence is God and we are the Sound of Silence,

then can we call ourselves God?

**Sandeep Maheshwari:** Obviously! Look, this is an excellent question. If you have the courage to listen to the answer then here we go. If you weren't God, then there would not have been any problem. Imagine, if somebody else would have been God, would he/she ever let you be in trouble? Even if you were evil, how would God ever see you being sad? If somebody else would have been God, he/she would have solved all your problems in a blink. Isn't it?

The trouble is, you, yourself are God. You have infinite powers. But you've assumed that God is other than you and you are someone else.

It is just a matter of realisation. And what will happen till the time you don't realise it? The God, who has infinite powers, will continue to act through this body which is finite. Thus, all the tasks done by this body will end up being finite. So, the biggest problem of humanity is not that we are somehow less and insignificant. The problem is that you're infinite. It isn't the case that you're different from God. If that would have been the case there would not have been a problem at all! Understand this well. If I am indeed God, then I will not tolerate seeing you in trouble even for a second. I will scream in agony if I see you in pain. If I have all the powers in the world, I will solve all your troubles in the blink of an eye.

**Audience:** Sir then why do people visit temples?

**Sandeep Maheshwari:** Let the people be. If you can understand that you, yourself are God, then it's not difficult for someone else to imagine the same God in some idol. Forget about why people go to temples because that's another topic altogether. People, most of them, go there to fulfil their own desires. It's not because of their belief in God. Because if it was about belief, then your prayers need not be offered from a particular place. It could be a temple, a mosque or even a garbage dump. All that would matter would be the prayer. And you could surrender yourself. That is called devotion. This is it. So if you have to uproot the problem

then what do you need to do? Sharpen your Intellect. How will that happen? Live in this world and act wisely. There will be a day when: despite all your wisdom and hard work, despite having earned a lot of money, despite having strengthened your relationships and despite having achieved everything, there will be a great vacuum in your life. I can predict this because I have been through all these stages myself. You will be unhappy then. It is that very day, when you will be needed to call upon all your wisdom and ask yourself, 'despite having achieved everything, I'm still unhappy. What's wrong? WHO AM I?'

And the day you ask this question to your own self, the game will begin.

Namaste!

# References

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**Multiple names of THE ONE that cannot be named**

**By Sandeep Maheshwari**

<http://www.sandeepmaheshwari.com/pdf/THE%20ONE.pdf>