



# Heritage Explorer

LET KNOWLEDGE COME FROM ALL THE SIDES  
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**Glimpses from Silver Jubilee Celebration of Kebang at Central Gangging Ground**

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Articles on Eternal Faith and Culture and different Socio-Cultural movements in Northeast are invited for publication.

## Mind as a Powerhouse

As a wandering monk, Swami Vivekananda visited Belgaum in October 1892. By way of making a point, he quoted excerpts from Charles Dickens' Pickwick Papers - from memory - before a spellbound audience.

On conclusion of his discourse, his host, Haripada Mitra desired to know the secret behind his sharp memory. Swamiji said, "The power of the mind arises from control of forces of the body. The idea is to conserve and transform the physical into mental and spiritual energies. The great danger lies in spending the forces of the body in reckless pleasures and thereby losing the retentive faculties of the mind."

Swamiji laid great stress on the power of the mind. The mind, indeed, is the powerhouse of the human body which obeys its command. It sends signals through the nerves, and body acts or reacts accordingly. 'The forces of the body' is the matter that fills our being and the one that we keep recharging through our metabolism of intake, which includes food, water and air. This energy is the sum total of interminable cosmic energy and physical energy. It can neither be created, nor destroyed. It is the energy that keeps us going and is responsible for our physical, intellectual and spiritual growth. This is the energy we tap to perform any action. We need to be aware of the tangible and intangible sources of energy to be able to make judicious use of it. For every bodily and mental act, we make use of available and acquired energy.

Now it depends on us what use we put it to. If we use this energy to satisfy our bodily cravings and emotional longings, we are not doing much to add value to it. Rather we are dissipating it to our own detriment. This dissipation of energy, as Swamiji puts it, leaves us with little constructive energy.

But in unenlightened living, we seldom pause to pay attention to this tremendous latent energy which mostly remains buried at the base of our spinal cord, trapped in our mooladhar chakra. Many enlightened yogis have been able to tap into its mystical source, which responds only to conscious practice and deliberate activation that require focus and discipline. Once this evolved source of energy becomes available to us, it opens up vistas which otherwise seem invisible. Once this evolved source of energy becomes available to us, it opens up vistas which otherwise seem invisible. Swamiji's persona was a shining example of a radiant mind and robust health. In one of his discourses, he fervently pleads for the powers of the mind thus, "How has all the knowledge in the world been gained but by the concentration of powers of the mind? The world is ready to give up its secrets if we only know how to knock, how to give it the necessary blow. The strength and force of the blow comes through concentration. There is no limit to the power of the human mind. The more concentrated it is the more power is brought to bear on one point." We need only to wake up to this power and work towards God-realization through it.

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