

# Conquest of *MIND*

---

A masterly  
presentation of a  
number of most  
helpful hints on the  
nature of Mind and  
as many on the  
methods for the  
successful conquest  
of Mind.

---



**Swami Sivananda**

# THE CONQUEST OF MIND

*By*  
SRI SWAMI SIVANANDA



*Published by*  
The Yoga-Vedanta Forest Academy  
THE DIVINE LIFE SOCIETY  
P.O. Sivanandanagar, via Rishikesh,  
Dt. Tehri-Garhwal, U.P., Himalayas.

Price ]

1964

[ Rs. Six



3

To Father Louis

With very best  
regards,

Swami Shivanprem

New York,

May 18, 1964

# THE CONQUEST OF MIND

By  
SRI SWAMI SIVANANDA



*Published by*  
The Yoga-Vedanta Forest Academy  
THE DIVINE LIFE SOCIETY  
P.O. Sivanandanagar, via Rishikesh,  
Dt. Tehri-Garhwal, U.P., Himalayas.

Price ]


1964

[ Rs. Six



Published by SWAMI KRISHNANANDA for the Yoga-Vedanta Forest Academy (The Divine Life Society), Sivanandanagar, and printed by him at The Yoga-Vedanta Forest Academy Press, Sivanandanagar, Dt. Tehri-Garhwal, U.P., Himalayas.

First Edition : 1962 (1000 copies)  
Second Edition : 1964 (3000 copies)



*All Rights Reserved by  
The Divine Life Trust Society*

*Printed in recognition of the meritorious services  
rendered to the Divine Life Society by  
Dr. R.K. Arora, Jaipur.  
(500 copies)*

## CONTENTS

	<i>Pages</i>
Publishers' Note	iii
Introductory	xvii

### *Part One*

### CONQUEST OF MIND

1. Mind-Conquest by Introspection	3
2. Mind-Conquest by Discrimination	5
3. Mind-Conquest by Yoga and Jnana	7
i. Removal of the three Mental Defects	
ii. The Difficulty of Mind-Control	
iii. Conquest by Yoga and Jnana	
iv. Need for Intelligent Methods	
v. Pratipakshabhavana	
vi. Conquest by Abhyasa	
vii. The Role of Pranayama	
4. Mind-Conquest—Ten Important Methods..	11
i. By Vichara	
ii. By Eradication of Ego	
iii. By Vairagya	
iv. By Abhyasa	
v. By Non-Attachment	
vi. By Vasanakshaya	
vii. By Pranayama	
viii. By Control of Thoughts	
ix. By Renunciation, Equanimity and Balance	
x. By Devotion and Service	



	<i>Pages</i>
5. Mind-Conquest by Thought-Culture ..	14
6. Practical Instructions on Mind-Control ..	17
7. Higher Methods for Mind-Conquest ..	21
i. Achievement of Manojaya	
ii. Inner Yogic Sadhana	
iii. Secret of Yoga Sadhana	
iv. Secret of Manonasha	
8. Meditation for Mind-Control ..	27
i. Hints on Mind-Control	
ii. Meditation, the Divine Way, to Subdue the Mind	
iii. Training the Mind to its Task	
iv. Greatest Hidden Enemy	
v. Mastery over the Mind	
9. Conquest of Mind's Strongholds ..	35
10. States of Mind and Principles of Mental Discipline ..	37
i. The Four States of Mind	
ii. Waking, Dreaming and Sleep	
iii. Sleep Walkers	
iv. Vikalpa Vritti	
v. Mental Discipline	
vi. Pure Mind, Pure Reflection	
11. Methods of Self-Analysis ..	43
12. Fruits of Self-Control ..	45
i. Mind-Control by Self-Control	
ii. Mind-Control by Asanga and Mumukshutva	
13. Rajayogic Method for Mind-Conquest ..	49
i. Yama and Niyama	
ii. Asana and Pranayama	
iii. Pratyahara and Dharana	

	<i>Pages</i>
iv. Dhyana and Samadhi	
v. Rewards of Samadhi	
14. Mind-Conquest by Religious Life	53
15. Corner-stones of Mind-Control	55
16. The Art of Talking the Mind Into Control	57
i. To the Mind	
ii. Listen, O Mind	
iii. Soar High Like a Kite	
iv. Roam Not, O Mind	
17. Questions and Answers on Mind-Control	59
18. Mastery over the Mind	61
i. Disentanglement of the Mind	
ii. Peace of Mind	
iii. Barrier of Egoism	
iv. The Deluded Mind	
v. The True Source of Delight	
vi. Liberation by Mind-Dissolution	

### *Part Two*

#### FIRST PHASE OF MIND-CONQUEST— ITS THEORY & ITS CONQUEST

19. Mind—Studies in Its Structure	67
i. What is Mind?	
ii. Mind as the Universe	
iii. Mind as Sankalpa	
iv. Storehouse of Impressions	
v. Stuff of the Mind	
20. The Many Phases of the mind	69
i. Fourfold Antahkarana	
ii. Strata of Mind	
iii. The Three Avasthas	



iv.	The Three Forms of Mind	
v.	The Sattwic Guna	
21.	The Dynamics of the Mind	71
i.	Pure and Impure Mind	
ii.	Functions of the Mind	
iii.	Power of the Mind	
iv.	Play of the Mind	
v.	The Mischievous Mind	
22.	Mind—Its Manifestations and its Resistances	73
i.	Thought and Facial Expression	
ii.	The Inner War	
iii.	Fight with Evil	
iv.	Remove the Dirt in the Mind-Radio	
v.	The Creeper-Mind	
23.	Mind, World, Inner Discipline and Spiritual Progress	75
i.	Mind and the World	
ii.	Analysis of Mind	
iii.	Inner Discipline	
iv.	Mind and Spiritual Progress	
v.	Watch the Mind	
24.	Basic Tendencies of Mind and Their Control	83
25.	Studies in Instincts and Emotions	87
26.	Psychology of Sentiment, Conscience, and Spiritual Progress	89
27.	Lessons in Analogies, on Mind	91
i.	Mind is Very Treacherous	
ii.	Do not Co-operate with the Mind	
iii.	Mind is like Ghee	
iv.	Mind is like Rice-paste	
v.	Mind is like the Fountain-pen	

	<i>Pages</i>
vi. The Tainted Mind	
vii. Ripples of the Mind	
28. Philosophical Studies in Egoism and Its Elimination ..	95
29. Guiding Lights for Self-Conquest ..	103
30. Precepts for Practice of Mind-Control ..	109
31. Mind-Conquest by Spiritual Culture ..	113
32. Importance of Thought-Force ..	117

### *Part Three*

## SECOND PHASE OF

### MIND-CONQUEST—ITS THEORY & PRACTICE

33. Mind—Its Features, Nature and Conquest	123
i. Philosophy of the Mind	
ii. Conquest of the Lower by the Higher	
iii. Mind as the Basis of the World-Process	
34. Mind—Its Forms, Its Disciplines and Its Subdual ..	127
i. Mind as the Tree of Samsara	
ii. The Higher Mind	
iii. Ego as the Fundamental Mode of Mind	
iv. Obstacles to Mind-Conquest	
v. The Impure Mind	
vi. The Inner Training	
vii. Power of Thought	
viii. Nature and Fruits of Meditation	
35. Mind—Its Functions, Its Force, Its Facts ..	139
i. Mind Creates the World	
ii. The Thought-Force	
iii. Some Facts of the Mind	
iv. Mind-Conquest by Self-Knowledge	



	<i>Pages</i>
36. Mind—Its Unchanging Substratum and the Suppression of its Changing Nature ..	145
i. Atman is the Witness	
ii. Mind Alone Sees and Hears	
iii. Mind, the Synthetic Organ	
37. Important Matters on Mind-Conquest ..	147
i. Conquest of Desire	
ii. Renunciation—the Real Strength	
iii. Need for a Thorough Study of the Mind	
iv. Noble is Restraint	
v. Mastery of Mind	
38. Some Secrets of the Mind ..	153
i. Mind—the Cause of Everything	
ii. The Instrumental Status of Mind	
iii. The Laws of Thought	
iv. Culture of the Mind	
v. Mysterious Human Mind	
vi. Vasanas and Vrittis	
vii. Secret of Sadhana	
39. New Approaches to Mind—Its Mysteries and Its Conquest ..	161
i. The Mysterious Mind	
ii. The Lower Mind	
iii. Mastery over Mind	
iv. Maya is Within You	
v. Master the Mind; Vanquish Maya	
vi. Man's Mind, a Great Mystery	
vii. Harnessing the Powerful Mind	
40. Mind—Its Philosophy and the Disciplines for Its Conquest ..	167
i. Mind—A Philosophical Explanation	
ii. Beyond Mind	

	<i>Pages</i>
iii. Methods for Mind-Control	
iv. Mind a Goat, Chitta a Pig	
41. Comprehensive Knowledge and Techniques of Mind-Conquest	173
i. All About Mind	
ii. How to Control the Mind?	
iii. Sankalpa and Its Destruction	
iv. Egoism	
v. Four Forms of Desire	
vi. Mind-Centre and Instrument	
vii. Mind—A Restless Horse	
viii. Control of Mind	
ix. Stopping of Thought	
x. Good-Bye Mind!	
xi. To the Mind and the Senses	

#### *Part Four*

#### MORE METHODS FOR MIND-CONQUEST

42. Mind-Conquest by Sakshi Bhavana	187
43. Mind-Conquest by Brahma-Vichara and Brahma-Jnana	189
44. Mind-Conquest by Pranayama	191
45. Mind-Conquest by Sama and Dama	193
46. Mind-Conquest by Pratipaksha Bhavana	195
47. Mind-Conquest by Kirtan	196
48. Mind-Conquest by Passionless and Bodily Control	197
49. Mind-Conquest by Freedom from Thoughts and Desires	198
50. Mind-Conquest by the Master-Thought	199
51. Mind-Conquest by a Triple-Process	203





	<i>Pages</i>
72. Mind-Conquest by Self-Purification ..	238
73. Mind-Conquest by Ethical Sadhana ..	239
74. Mind-Conquest by Continued Thought of God ..	243
75. Mind-Conquest by Generation of Spiritual Currents ..	244
76. Mind-Conquest by the Most Important Sadhana ..	245
77. Mind-Conquest by a Dynamic Sadhana ..	247
78. Mind-Conquest by Antaranga Sadhana ..	251
79. Mind-Conquest by a Simple Sadhana ..	253
80. Mind-Conquest by a Fivefold Method ..	256
81. Mind-Conquest by a Sevenfold Method ..	257
82. Mind-Conquest by a Many-sided Sadhana ..	259
83. Nature of the Conquered Mind ..	268
84. Absolute Subdual of the Mind ..	269

### *Part Five*

### POEMS ON MIND CONQUEST

Transcend the Mind ..	275
Negate the Mind ..	275
Slay the Mind ..	276
I am not the Mind ..	276
Mind and Meditation—I ..	277
Mind and Meditation—II ..	278
Mind and Cosmic Consciousness ..	278
Mind and Maya ..	279
Mental Pose ..	279
War with the Mind ..	280
Vedanta on Mind ..	280
Advice to the Mind—I ..	281
Advice to the Mind—II ..	282



	<i>Pages</i>
Shave the Mind	283
Weaning the Mind and the Senses	283
Destroy the Upadhi—Mind	284
Control of Mind is Not Easy	284
Need for Mental Purity	285
Price for Mind-Conquest	285
Way to Control the Mind	286
Wear the Shoe of Discrimination	286
Conquest of Hope and Anticipation	287
Sadhana for Mind-Control	288
Song of Sadhana	288
The Mind-Lake	290
The Mind-River	290
Loadstone, Mind and Its Absorption	291
Freedom from Mind and Its Friends	291
Control of Mind and Its Attendants	292
Mind-Conquest by Thought-Culture	292
More Methods for Mind-Control	293

### *Appendix One*

#### HOW TO FIND PEACE OF MIND

Prayer and Devotion for Peace of Mind	297
Root-cause of Restlessness	297
Peace of the Self Within—Many Methods	
For Finding It	298
Peace of Mind Through Many-sided	
Self-Culture	299
World-Peace and Peace of Mind through	
Spiritual Awareness	300
Meditate and Bring Peace to the World	301
Peace-techniques for the Nations	303
Spiritual Nature of Peace	303

	<i>Pages</i>
Greatness of the Men of Discrimination and the Infinite Peace ..	304
Peace of Mind through Desirelessness ..	305
Supreme Peace by Self-Conquest ..	306
Peace—A Positive Value ..	306
A Life of Spiritual Peace ..	307
What is Peace? ..	308
Where is Peace? ..	309
How to Find Peace? ..	309
Enemies of Mental Peace ..	310
Realms of Inner Stillness ..	311
Self-Knowledge for Peace of Mind ..	313
Nature of Inner Peace ..	314
Men of Peace—Their Message ..	314
Peace from Loyalty to God ..	315
Peace by a Simple Life ..	316
Peace by Psychological Self-Awareness ..	317
Peace by Psychological Self-Awareness ..	317
Peace of Mind by Egolessness ..	318
Peace by Doing Good to Others ..	319
Peace by Perseverance in Sadhana ..	319
Secret of Mental Equipoise ..	320
Universality of Restlessness and the Way to Peace ..	321
Mental Peace by Fewer Wants ..	324
Peace and Happiness by Self-Knowledge ..	324
Mental Peace through Saintliness ..	325
Real Education for Finding Peace ..	326
Eighteen Lessons for Mental Peace ..	327
Nineteen Lessons for Mental Peace ..	327
Achievement of Peace—A Slow Process ..	328
Peace as God and the Key to it ..	328



	<i>Pages</i>
Peace through Avoidance of Comparisons	329
Samahita Chitta and Freedom from Wrong Mental Modifications ..	329
Peace Amidst Din and Bustle of Life ..	330
Ignorance the Cause of Peacelessness ..	331
Mental Peace through Non-attachment ..	331
Mental Peace through Contentment ..	333
Mental Peace through Adaptability ..	334
How I Abide in Peace, Now! ..	335
Recipe for Peace of Mind ..	335
Enemies of Eternal Peace ..	336
Prayer for World-peace ..	336
Peace Through Perfection ..	337
The Art of Finding Peace of Mind ..	338
Universal Message of Peace and Love ..	341

### *Appendix Two*

#### A SYMPOSIUM ON

#### SIVANANDA'S PSYCHOLOGY

1. Sivananda's Psychological Techniques  
for Mind-Control  
—Dr. K.C. Varadachari, M.A. Ph.D. .. 347
2. Sivananda and the New Psychology  
—Dr. George Arnsby-Jones, M.A., Ph.D. 349
3. Status of Consciousness in Sivananda's  
Philosophical Psychology  
—Sri Swami Krishnananda .. 352
4. Sivananda's Conception of Psychological  
Perfection  
—Jnana-Bhaskara K.S. Ramaswami  
Sastri .. 363

	<i>Pages</i>
5. Sivananda on Indian and Western Psychology —Jnana-Bhaskara K.S. Ramaswami Sastri ..	387
6. Sivananda's Psychology —Sri Swami Venkatesananda ..	392
7. Sivananda as a European Psycho-analyst Understands Him —Dr. Maryse Choisy, D.Psy. ..	394
8. Pursuit of Psychology as Sadhana —Dr. Sri Indra Sen ..	396
9. Significance of Sivananda's Yoga Exercises for Modern Experimental Psychology —Dr. R. Nagaraja Sarma, M.A., Ph.D., D.Litt. ..	410
A Glossary of Sanskrit Words ..	413



## SRI SWAMI SIVANANDA

Born on the 8th September, 1887, in the illustrious family of Sage Appayya Dikshita and several other renowned saints and savants, Sri Swami Sivananda had a natural flair for a life devoted to the study and practice of Vedanta. Added to this was an inborn eagerness to serve all and an innate feeling of unity with all mankind. Though born in an orthodox family, Swamiji was broad-minded and catholic, pious and devout. His passion for service drew him to the medical career; and soon he gravitated to those parts of the world which most needed his service. Malaya claimed him. He had also commenced editing a Health Journal and wrote extensively on health problems. He discovered that people needed right knowledge most of all; dissemination of that knowledge he espoused as his own mission. It was divine dispensation and the blessing of God upon mankind that the doctor of body and mind, renounced his career and took to a life of renunciation to qualify himself for ministering to the soul of man. He settled down at Rishikesh in 1924, practised intense austerities and shone as a great Yogi, saint, sage and Jivanmukta. In 1932 he started the Sivanandashram. In 1936 was born the Divine Life Society. In 1948 the Yoga-Vedanta Forest Academy was organised. Dissemination of spiritual knowledge and training of people in Yoga and Vedanta were their aim and object. In 1950 he undertook a lightning tour of India. In 1953 he convened the World Parliament of Religions. He is the author of over 200 volumes and has disciples all over the world, belonging to all nationalities, religions and creeds. To read his works is to drink at the Fountain of Wisdom Supreme and grow spiritually to be immortal and eternally peaceful and blissful. In 1963 he entered Mahasamadhi.

