POLLUTION AND PURIFICATION OF MIND

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ABSTRACT

Mind is responsible for all thoughts and actions in human life and acts in three modes: Consciousness, Intelligence and Wisdom. Mind is pure in its home (Nijh Ghar or Thir Ghar) in the human body but the effects of Maya pollute it when it goes out. This paper first explains that how the mind gets polluted and then deals with how to purify it.

INTRODUCTION

Guru Nanak has discussed this topic in two stanzas in the JAP, incorporated into the Aad Guru Granth Sahib (AGGS) [1]. It is so important a topic that it was discussed in the very first stanza of Jap:

AGGS, Jap 1, p 1.

In this stanza Guru Nanak says that mind is polluted by being entrapped in the wall of falsehood. It cannot be purified by bathing or performing different types of rituals, however, it can be purified by nectar of Naam, the extension of God into Its creation.

And then in the stanza # 20:

AGGS, Jap 20, p 5.

In this stanza he explains that mind is also polluted by conducting sinful deeds and it can only be cleansed by the nectar of Naam.

DISCUSSION

MAYA, THE POLLUTER

Maya (in English dictionary it means: illusion, or the illusory world of the senses) is all the visible creation of God and is real as we live in it. God put the world to work as per Its plan. But God installed in the minds an intoxicating love for the world and led the whole world astray:

AGGS, M 2, p 138.

However, Maya is not an objective reality and leads to duality rather than unity, so that like a mirage the world becomes an end in itself. Maya's game lasts only a few days. Blinded by Maya man forgets Naam. So he neither gets Naam nor the Maya goes with him:

AGGS, M 1, p 15.

So Maya is what makes you forget God, produces attachment to the world and duality:

AGGS, M 3, p 921.

Maya entices the human with temporary pleasures and gains and let them down. Only rare ones understand it:

AGGS, M 1, p 595.

Life under the influence of Maya totally blinds the mind to its own reality. Minds neither sees its own spirituality nor hears the unstuck melody of Naam and makes uproar and tumult for nothing:

AGGS, M 4, p 313.

Polluted mind sees everything filthy. Washing the body does not cleanse the mind. Whole world is deluded by doubt and hardly anyone understands this. By following the yogic postures of Siddhas one may control lust but it still does not cleanse the mind of filth and eliminate ego:

AGGS, M 1, p 15.
PURIFICATION OF MIND

People try to purify their mind in many ritualistic physical observances like keeping silent, eating food put in their own hands, living naked in the jungles, bathing at holy places and wandering on earth but never lost duality of their mind. They even chose to live in holy places and their heads cut with a saw but the ego of the mind did not go away by this or other hundreds of thousands rituals they performed.

Even by recitation of scriptures, pondering upon the Vedas, and cleansing the inner body with yogic techniques did not free the mind of the five vices. Rather it boosted the ego. These and many other methods did not help purify the mind to meet with the Lord. So giving up all this I knelt down to pray to God asking for discerning intelligence:

The dirt of ego in mind gets cleansed up after bathing the mind in the pool of nectar of Naam:

When the clothes are soiled and stained by urine, soap can wash them clean. But when the wisdom of the mind is stained and polluted by sin, it can only be cleansed by nectar of Naam:

Now it is obvious that to cross the ocean of Maya to reach the pool of nectar one has to meditate on the 'Gurmantra' till you reach 'sunn', the state of mind where there are no thoughts in mind. This state can be achieved by living a life according to teachings of the Aad Guru Granth Sahib (AGGS):

The true pool of nectar of Naam (amritsar) of true God lies inside the human body and the mind drinks from it with loving devotion:

The human body has beautiful pool of nectar of Naam. O saints bathe your mind in it after enshrining it to God's love. Those who bathe in it are most immaculate people because their minds lose their filth through Sabd (The unstrung sound of Naam):

(Continued on page 31)
One has to focus his consciousness on recitation of 'Gursabd' during meditation, listen to it attentively and he will find the mystery about God and the way to meet God:

दुर्मधु मधु विश्वास नायक मधु नायिना वन्दन बारसी ||
AGGS, M 1, p 879.

Simple repetition of the Gurmantra does not help to cleanse the mind. Nor does leading a life of deception cleanse one's mind from filth:

मनुष्य जिद अव अध भेष नैनु त नैनी वेदिय ||
AGGS, M 3, p 39.

A 'Gurmakh' (Guru-oriented person) with his regular practice of cleansing his mind with nectar of Naam in 'sunn' state gains complete purification of his mind. With grace of God, the doorway to 'Nij Ghar' opens and he reaches home with sounding of 'panch sabds', five melodies of the un-struck music, infused by the Almighty's power. There ends the long journey of mind after subduing five demons of Maya and destroying the torture of Kaal:

वर्मे बंध बंध वर्मे बंध बंध ||
अव बंध बंध बंध बंध बंध बंध बंध बंध अविन ||
पंच हृद बंध बंध बंध बंध बंध बंध बंध अविन ||
AGGS, M 3, p 917.

CONCLUSIONS

By following the above method one's mind can enter into tranquility of the Sehaj Ghar, the mansion of God:

जिन अव शेह जिन अव वेदि नैनी नैनी ||
AGGS, M 1, p 227.

REFERENCES

1. AGGS = Aad Guru Granth Sahib. 1983. (Reprint) Publishers: Shiromani Gurdwara Parbandhak Committee, Amritsar. [M = (Mahila) succession number of Sikh Gurus to the House of Guru Nanak, M is replaced with the name of Bhagat or Bhatt, p = Page number of the AGGS.)