

## On Being Dominated by Mind..

Date : July 6, 2015



*An excerpt from Chögyal Namkhai Norbu's Teaching 'The Upadesha on the Most Important Points of Ati' given on 21 June 2015 at Merigar West*

Another thing that is also very important is when I ask people to re-educate their minds, because ordinarily most people are dominated by mind. We believe very much in what appears in our mind. Why? People say because they think that there are many reasons. When we are dominated by mind then we can have many problems, also dangerous problems.

When we are dominated by mind, that function of the mind is associated with the circulation of energy and so what we think in our mind also manifests with the function of the circulation. Some people may say that they can hear someone talking [to them] and giving advice. If you have this kind of experience, it is very dangerous because nobody is really talking to you. When you are dominated by mind and this [kind of experience] develops more and more, it is associated with the function of the circulation of your energy and sometimes you can really see something. You think that there really is something. Sometimes you can hear someone really talking. But [actually] no one is talking and you cannot see anyone.

Mind can imagine many things, particularly when it is associated with the energy level. If you have

this kind of condition, you should immediately understand that mind is playing with you, is dominating you. What you should do? Firstly, since mind becomes very powerful when it is associated with energy you should coordinate your energy. Energy should be balanced and coordinated, then mind cannot condition mind. Mind cannot use energy.

There are many different kinds of methods for coordinating our energy. In a very simple way, for example, on a more physical level, you can learn the Eight Movements of Yantra Yoga. Not only can you learn them, you can try to use them for some months, or some years. You can coordinate your energy with this and also do some practice.

Then, for example, at the beginning of our *Tun* practice there is the mantra of the elements: “OM E HO SHUDDHE SHUDDHE, YAM HO SHUDDHE SHUDDHE...” etc. This is really a very powerful mantra. You can also use that for coordinating [energy], and when you do the visualization etc., it becomes even more powerful. But even if you don't succeed in doing the visualization, simply chanting this mantra has potentiality and helps for coordinating energy.

Then, the supreme [method] for coordinating energy is all kinds of long life practice. If you have not coordinated your energy and the function of the elements in a perfect way, you cannot have a long life. So long life practice is very important in daily life, for everybody.

So somehow you should coordinate your energy instead of listening to what someone is saying. Some people commit suicide, even though they have no problems. They hear someone talking in their ear telling them to jump from the balcony of their house. Then they think that they have received some advice and that they should do that. Many people have this kind of problem. When you have this kind of experience or something [similar] it is very important that you are careful.

Then when you have coordinated your energy, [sometimes] you may still not be able to relax because you are dominated by your mind. Some people say that they know how important it is to relax, but it is impossible for them. That is true, many people have that condition. This means that they are dominated very strongly by mind. In this case I tell them that they should re-educate their mind. How do you do this re-education of your mind? The way I have just explained – by sounding A and doing fixation. If you repeat this practice for one or two days, then you will feel better. Your mind becomes a little less powerful.

You can use mind. This is the best for practitioners. When you become a slave of the mind, this is not good for practitioners. But when you know how use mind, then you can use it and there are many ways you can use it. This is very important.

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