





# Gain Control of Your Mind

The Bhagavad Gita  
“The Song of the Lord”

**6:4** You experience the true yogic state when  
you let go attachment to sense objects  
and desire for the fruits of your efforts.

**6:5** A person can rise up through the efforts  
of his own mind; or  
  
in the same manner, draw himself down,  
  
for each person is his own friend and enemy.

**6:6** As you gain control of your mind, with the help of your higher Self,

then your mind and ego become your allies.

But the uncontrolled mind behaves as an enemy.

# Commentary

- What does it mean?
- Who are you and who is this friend?
- There must be two of you there.
- Your higher Self is making a friend of your lower self.

- In other words,  
when your mind behaves as your good friend  
you get all the benefits,  
and you see friends everywhere.

- But if your mind behaves as your enemy,  
you hardly find a friend anywhere.
- With that inimical vision,  
you see everybody as your enemy.
- And when you perceive everybody as your enemy,  
you actually create enemies.

- This means that  
  
if you are a friend of your own higher Self,  
  
and if you have no enemy within you,  
  
then you see friends everywhere.
- This is because the world is nothing but your own projections.

- If your own mind is inimical,  
it will see everybody as an enemy.
- If you don't know  
how to conquer your own lower self,  
then it acts as your enemy.

- It doesn't behave for your benefit  
or to your advantage.
- Instead, it always tries to fulfill its own desires  
whether you get the benefit or not.

- Once Sri Rama-krishna Parama-hansa told this fine story:
- A few people were walking along the road early in the morning, and they saw a man lying on the side of the road.

- The first man said,  
“He must have spent the whole night gambling  
and couldn’t reach home,  
so he fell asleep here.

Gamblers are like that.

They don’t reach home safely.”

- Then he walked away.

- The next one spoke,

“Poor man,

he must be very ill.

We shouldn't disturb a sick man.

Let him rest there.”

- Then he walked away.

- The third one came  
and said to the man on the roadside,  
“You’re a bum.  
You don’t know how to drink.  
Don’t you know one or two is enough?  
Probably they gave you free drinks,  
and now you’re down.”
- He treated him as a drunkard.

- The first fellow thought  
the man had been gambling and was sleeping.
- The second thought  
he was sick.
- And the third thought  
he was drunk.

- Then the fourth man spoke,

“A saint doesn’t care where he is.

Probably he’s in higher consciousness, *samadhi*.

A saint can be anywhere. ...

He may be near the ditch, near the river,  
in a temple, sitting and meditating or  
even lying down meditating.

This man is probably above physical  
consciousness.

Let's not disturb him.”

- He then bowed and walked away.

- We don't know who was right.
- All four men may have been wrong.
- They all saw the same person differently  
because they projected themselves.





- The only way to see everybody equally  
is in that divine vision.
- Then we see the same truth  
colored in different ways. ...



**Om, Shanti**