



Transforming THE MIND

Explained by **BEN Sri Ratna PRABHU**

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Name

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Satsang and Meditation
are two inseperable
essentials of the Spiritual
Journey. Satsang imparts
the understanding of
nature of mind and
Meditation helps us to
follow the right path to
transcend the mind...

– *BEN Sri Ratna PRABHU*

The Guna Chart

33 aspects to introspect upon

1. Vision (*drishti*)

|S| Holistic, unifying
(abheda drishti)

|R| Partial, divisive
(bheda drishti)

|T| Narrow, blind (alpa
drishti)

2. Action-undertaking (*karma*)

|S| Plan out work &
work out plan

|R| Incomplete
planning

|T| No planning

3. Actions - inherent tendencies

|S| According to one's
inherent tendencies
(swadharmā)
Joy in action

|R| Not according to
inherent tendencies
(paradharmā)
Joy in results

|T| According to one's
lower tendencies
(adharma)
Joy in inaction/
wrong actions

4. Action-duties (*kartavya*)

|S| Duties done
cheerfully

|R| Duties done with
tension or as burden

|T| Duties not done

5. Intellect (*buddhi*)

|S| Understands what
to do

|R| Confused about
what to do

|T| Doesn't understand
or misunderstands

6. Patience and Will (*dhṛiti*)

|S| Under all
circumstances

|R| Under particular
circumstances

|T| Holds on to false
notions or actions

7. Efforts

|S| In improving
oneself

|R| In changing others

|T| No efforts or wrong
efforts

8. Happiness (*sukha*)

|S| In subtle pursuits
Cheerful, lasting joy

|R| In gross pursuits
Exciting,
momentary joy

|T| In low pursuits
Dull, base joy

9. Sleep

- (S) Deep and sound (R) Restless and interrupted (T) Heavy

10. Powers of mind

- (S) Discrimination (viveka shakti) (R) Projection (vikshepa shakti) (T) Veiling (aavarana shakti)

11. Sense Organs (*indriya*)

- (S) keen and sensitive (R) Tired or strained (T) Dull

12. Colours

- (S) White (and gentle colours) (R) Red (and gaudy colours) (T) Black (and dark colours)

13. Desires (*kaama*)

- (S) Noble (Selfless) (R) For name, pleasure, power (Selfish) (T) For inaction (Harmful)

14. Faith (*shraddha*)

- (S) Firm and unswerving (R) Ridden with doubts (T) Blind and superstitious

15. Food (*aahaara*)

- (S) Wholesome (R) Spicy and junk (T) Harmful or bad

16. Ideals

- (S) Great (R) Powerful and glamorous (T) Criminal and vulgar

17. Charity (*daana*)

| | | |
|--|--|--|
| S Give without expectation and pride; Generous, joyful | R Give with expectations and pride; Miserly, with pain | T Give indiscriminately; Insulting |
|--|--|--|

18. Renunciation (*tyaaga*)

| | | |
|--------------------------|---|-----------------------------|
| S Give up bad qualities | R Give up objects or beings in and with pain | T Give up indiscriminately |
|--------------------------|---|-----------------------------|

20. Talk

| | | |
|-----------------------------|-------------------------|------------------------|
| S Concepts; Discussions | R Events; Arguments | T People; Opinions |
|-----------------------------|-------------------------|------------------------|

21. Life

| | | |
|---------------------------|---|-------------------------|
| S Inspired and inspiring | R Glamorous and fast; competitive and high pressured | T Ignoble and wasteful |
|---------------------------|---|-------------------------|

22. Lifestyle

| | | |
|--|---|---|
| S Natural, simple living; high thinking | R Artificial and fast life; superficial thinking | T Surviving; no thinking or wrong thinking |
|--|---|---|

23. Awareness

| | | |
|--|--|--|
| S Aware, care & dare (Sanskrita purusha); Man-man/God-man | R Aware but does not care (Vikruta purusha); Animal-man | T Unaware, does not care (Praakrita purusha); Plant-Man/Stone-Man |
|--|--|--|

24. Speech

| | | |
|----------------------|-------------|---------|
| S Calm and peaceful | R Agitated | T Dull |
|----------------------|-------------|---------|

25. Cleanliness

|S| High |R| Moderate |T| Low

26. Fear

|S| Rarely |R| Sometimes |T| Frequently

27. Depression

|S| Never |R| Sometimes |T| Frequently

28. Love

|S| Universal |R| Personal |T| Lacking in love

29. Attachment to Money

|S| Little |R| Some |T| A lot

30. Contentment

|S| Usually |R| Partly |T| Never

31. Forgiveness

|S| Forgives easily |R| With effort |T| Holds long-term grudges

32. Spiritual Study

|S| Daily |R| Occassionally |T| Never

33. Meditation

|S| Daily |R| Occassionally |T| Never

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