

## DAILY JAPA INSPIRATIONS



HOW TO CONTROL  
THE RESTLESS MIND?  
BY PRACTICE AND DETACHMENT.



## THE TWO KEYS TO PERFECTION

As we all know, the mind is not always entirely cooperative. In the Bhagavad Gita, Arjuna addresses this point with deep inner frustration. He says: *“The mind is restless, turbulent, obstinate, and so very strong, O Krishna. And to subdue it, I think, is more difficult than controlling the wind.”* Krishna smiles and then He says *“Yes, it is undoubtedly very difficult to curb the restless mind, but there are two things that will make you successful: practice and detachment.”*

In japa, these are the two keys to perfection. You should ideally practice without interruption. Be fully there when you chant. You should practice for a good amount of time. Be steady. Make this a regular practice, and practice with affectionate respect and devotion. It’s not automatic. Be enthusiastic.

Then Krishna advises Arjuna to use vairagya, or detachment. See, by practice the mind becomes one-pointed. But, as we all know, it may lose that focus after some time.

Detachment helps us at that time. When you notice that the mind has material desires, just tell yourself that material pleasures have a beginning and an end—they are like waves that go up and down. And you don’t need to act upon desires. They will come and go. So detachment is very important to safeguard your japa practice. Practice and detachment are like two wings that will help you move on in your spiritual life.

Practice and detachment give your japa the two wings that will help it to move forward and ultimately reach Krishna.

*Sacinandana Pransi*

SACINANDANA SWAMI