

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:

ਕਿਵ ਸਚਿਆਰਾ ਹੋਈਐ ਕਿਵ ਕੂੜੈ ਤੁਟੈ ਪਾਲਿ ॥
ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ ਨਾਨਕ ਲਿਖਿਆ ਨਾਲਿ ॥੧॥

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:
ਭਰੀਐ ਮਤਿ ਪਾਪਾ ਕੈ ਸੰਗਿ ॥

ਓਹੁ ਧੋਧੈ ਨਾਵੈ ਕੈ ਰੰਗਿ ॥

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:

ਤੁਧੁ ਆਪੇ ਜਗਤੁ ਉਪਾਇ ਕੈ ਤੁਧੁ ਆਪੇ ਧੰਧੈ ਲਾਇਆ ॥

ਮੋਹ ਠਗਉਲੀ ਪਾਇ ਕੈ ਤੁਧੁ ਆਪਹੁ ਜਗਤੁ ਖੁਆਇਆ ॥

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:

ਬਾਬਾ ਮਾਇਆ ਰਚਨਾ ਧੋਹੁ ॥

ਅੰਧੈ ਨਾਮੁ ਵਿਸਾਰਿਆ ਨਾ ਤਿਸੁ ਏਹੁ ਨ ਓਹੁ ॥

AGGS, M 1, p 15.

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

ਏਹੁ ਮਾਇਆ ਜਿਤੁ ਹਰਿ ਵਿਸਰੈ ਮੋਹੁ ਉਪਜੈ ਭਾਉ ਦੂਜਾ ਲਾਇਆ ॥

AGGS, M 3, p 921.

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

ਬਾਬਾ ਮਾਇਆ ਸਾਬਿ ਨ ਹੋਇ ॥

ਇਨਿ ਮਾਇਆ ਜਗੁ ਮੋਹਿਆ ਵਿਰਲਾ ਬੂਝੈ ਕੋਇ ॥

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:

ਮਾਇਆਧਾਰੀ ਅਤਿ ਅੰਨਾ ਬੋਲਾ ॥

ਸਬਦੁ ਨ ਸੁਣਈ ਬਹੁ ਰੋਲ ਘਚੋਲਾ ॥

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:

ਮਨਿ ਮੈਲੈ ਸਭੁ ਕਿਛੁ ਮੈਲਾ ਤਨਿ ਧੋੜੈ ਮਨੁ ਹਛਾ ਨ ਹੋਇ ॥

ਇਹੁ ਜਗਤੁ ਭਰਮਿ ਭੁਲਾਇਆ ਵਿਰਲਾ ਬੂਝੈ ਕੋਇ ॥੧॥

ਜਪਿ ਮਨ ਮੇਰੇ ਤੂ ਏਕੈ ਨਾਮੁ ॥

ਸਤਿਗੁਰਿ ਦੀਆ ਮੇ ਕਉ ਏਹੁ ਨਿਧਾਨੁ ॥੧॥ ਰਹਾਉ ॥

ਸਿਧਾ ਕੇ ਆਸਣ ਜੇ ਸਿਖੈ ਇੰਦ੍ਰੀ ਵਸਿ ਕਰਿ ਕਮਾਇ ॥

ਮਨ ਕੀ ਮੈਲੁ ਨ ਉਤਰੈ ਹਉਮੈ ਮੈਲੁ ਨ ਜਾਇ ॥੨॥

ਇਸੁ ਮਨ ਕਉ ਹੋਰੁ ਸੰਜਮੁ ਕੇ ਨਾਹੀ ਵਿਣੁ ਸਤਿਗੁਰੁ ਕੀ ਸਰਣਾਇ ॥

ਸਤਗੁਰਿ ਮਿਲਿਐ ਉਲਟੀ ਭਈ ਕਹਣਾ ਕਿਛੁ ਨ ਜਾਇ ॥੩॥

ਭਣਤਿ ਨਾਨਕੁ ਸਤਿਗੁਰੁ ਕਉ ਮਿਲਦੇ ਮਰੈ ਗੁਰੁ ਕੈ ਸਬਦਿ

ਫਿਰਿ ਜੀਵੈ ਕੋਇ ॥
ਮਮਤਾ ਕੀ ਮਲੁ ਉਤਰੈ ਇਹੁ ਮਨੁ ਹਛਾ ਹੋਇ ॥੪॥੧॥
AGGS, M3, p 558.

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: ਮੋਨਿ ਭਇਓ ਕਰਪਾਤੀ ਰਹਿਓ ਨਗਨ ਫਿਰਿਓ ਬਨ ਮਾਹੀ ॥
ਤਟ ਤੀਰਥ ਸਭ ਧਰਤੀ ਭ੍ਰਮਿਓ ਦੁਬਿਧਾ ਛੁਟਕੈ ਨਾਹੀ ॥੨॥
ਮਨ ਕਾਮਨਾ ਤੀਰਥ ਜਾਇ ਬਸਿਓ ਸਿਰਿ ਕਰਵਤ ਧਰਾਏ ॥
ਮਨ ਕੀ ਮੈਲੁ ਨ ਉਤਰੈ ਇਹੁ ਬਿਧਿ ਜੇ ਲਖ ਜਤਨ ਕਰਾਏ ॥੩॥
AGGS, M 5, p 641 - 642.

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:
ਪਾਨੁ ਪੜਿਓ ਅਰੁ ਬੇਦੁ ਬੀਚਾਰਿਓ ਨਿਵਲਿ ਭੁਅੰਗਮ ਸਾਧੇ ॥
ਪੰਚ ਜਨਾ ਸਿਉ ਸੰਗੁ ਨ ਛੁਟਕਿਓ ਅਧਿਕ ਅਹੰਬੁਧਿ ਬਾਧੇ ॥੧॥
ਪਿਆਰੇ ਇਨੁ ਬਿਧਿ ਮਿਲਣੁ ਨ ਜਾਈ ਮੈ ਕੀਏ ਕਰਮ ਅਨੇਕਾ ॥
ਹਾਰਿ ਪਰਿਓ ਸੁਆਮੀ ਕੈ ਦੁਆਰੈ ਦੀਜੈ ਬੁਧਿ ਬਿਬੇਕਾ ॥ ਰਹਾਉ ॥
AGGS, M 5, p 641.

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:
ਮੂਤੁ ਪਲੀਤੀ ਕਪੜੁ ਹੋਹਿ ॥
ਦੇ ਸਾਬੁਣੁ ਲਈਐ ਓਹੁ ਧੋਇ ॥
ਭਰੀਐ ਮਤਿ ਪਾਪਾ ਕੈ ਸੰਗਿ ॥
ਓਹੁ ਧੋਏ ਨਾਵੈ ਕੈ ਰੰਗਿ ॥
AGGS, Jap 20, p 4.

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:
ਕਾਇਆ ਅੰਦਰਿ ਅੰਮ੍ਰਿਤੁ ਸਰੁ ਸਾਚਾ ਮਨੁ ਪੀਵੈ ਭਾਇ ਸੁਭਾਈ ਹੇ ॥
AGGS, M 3, p 1046.

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):

ਏਹੁ ਸਰੀਰੁ ਸਰਵਰੁ ਹੈ ਸੰਤਹੁ ਇਸਨਾਨੁ ਕਰੇ ਲਿਵ ਲਾਈ ॥
ਨਾਮਿ ਇਸਨਾਨੁ ਕਰਹਿ ਸੇ ਜਨ ਨਿਰਮਲੁ ਸਬਦੇ ਮੈਲੁ ਗਵਾਈ ॥
AGGS, M 3, p 909.

The dirt of ego in mind gets cleansed up after bathing the mind in the pool of nectar of Naam:
ਮੈਲੁ ਗਈ ਮਨੁ ਨਿਰਮਲੁ ਹੋਆ ਅੰਮ੍ਰਿਤੁ ਸਰਿ ਤੀਰਥਿ ਨਾਇ ॥
AGGS, M 3, p 587.

God himself gives devotee a bath in the pool of nectar. This nectar is full of divine knowledge from God and a bath of mind in it washes all kinds of sins: ਰਾਮ ਹਰਿ ਅੰਮ੍ਰਿਤੁ ਸਰਿ ਨਾਵਾਰੇ ॥
ਸਤਿਗੁਰਿ ਗਿਆਨੁ ਮਜਨੁ ਹੈ ਨੀਕੋ ਮਿਲਿ ਕਲਮਲੁ ਪਾਪੁ ਉਤਾਰੇ ॥
AGGS, M 4, p 981.

Now how to reach this pool of nectar inside the body and escape from sinking in the ocean of Maya? Only Satguru can help in this situation. Satguru is the ship and his sabd, the 'Gurmantra', will carry you across the ocean of Maya to such a spiritual place where there is no air, fire, water, and matter (no Maya). There lies the true Naam of the True Lord, which carries you out of this ocean:
ਸਤਿਗੁਰੁ ਹੈ ਬੋਹਿਬਾ ਸਬਦਿ ਲੰਘਾਵਣਹਾਰੁ ॥
ਤਿਥੈ ਪਵਣੁ ਨ ਪਾਵਕੋ ਨਾ ਜਲੁ ਨਾ ਆਕਾਰੁ ॥
ਤਿਥੈ ਸਚਾ ਸਚਿ ਨਾਇ ਭਵਜਲੁ ਤਾਰਣਹਾਰੁ ॥੨॥
AGGS, M 1, p 1009.

The sabd of the Guru carry you across the treacherous, impassable ocean of Maya:
ਭਉਜਲੁ ਬਿਖਮੁ ਅਸਗਾਹੁ ਗੁਰੁ ਸਬਦੀ ਪਾਰਿ ਪਾਹਿ ॥
AGGS, M 5, p 962.

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. In this state mind is sitting at the doorway of 'nijh ghar'. This state can be achieved by living a life according to teachings of the Aad Guru Granth Sahib (AGGS):
ਵਿਣੁ ਗੁਣ ਕੀਤੇ ਭਗਤਿ ਨ ਹੋਇ ॥
AGGS, Jap 21, p 4.

Sing the praises of God (meditation on Gurmantra - God's name) O saints and friends with full concentration and single pointed mind:
ਪ੍ਰਭ ਕੀ ਉਸਤਤਿ ਕਰਹੁ ਸੰਤ ਮੀਤ ॥
ਸਾਵਧਾਨੁ ਏਕਾਗਰੁ ਚੀਤ ॥
AGGS, M 5, p 295.

(Continued from page 34)

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:

ਧੁਨਿ ਮਹਿ ਧਿਆਨੁ ਧਿਆਨ ਮਹਿ ਜਾਨਿਆ ਗੁਰਮੁਖਿ ਅਕਥ ਕਹਾਨੀ ॥
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:

ਮਨਮੁਖ ਹਰਿ ਹਰਿ ਕਰਿ ਥਕੇ ਮੈਲੁ ਨ ਸਕੀ ਧੋਇ ॥
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:

ਵਾਜੇ ਪੰਚ ਸਬਦ ਤਿਤੁ ਘਰਿ ਸਭਾਗੈ ॥
ਘਰਿ ਸਭਾਗੈ ਸਬਦ ਵਾਜੇ ਕਲਾ ਜਿਤੁ ਘਰਿ ਧਾਰੀਆ ॥
ਪੰਚ ਦੂਤ ਤੁਧੁ ਵਸਿ ਕੀਤੇ ਕਾਲੁ ਕੰਟਕੁ ਮਾਰਿਆ ॥
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: ਨਿਜ ਘਰਿ ਬੈਸਿ ਸਹਜ ਘਰੁ ਲਹੀਐ ॥

AGGS, M 1, p 227.

REFERENCES

1. AGGS = Aad Guru Granth Sahib. 1983. (Reprint) Publishers: Shiromani Gurdwara Parbandhak Committee, Amritsar. [M = (Mahla) 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.