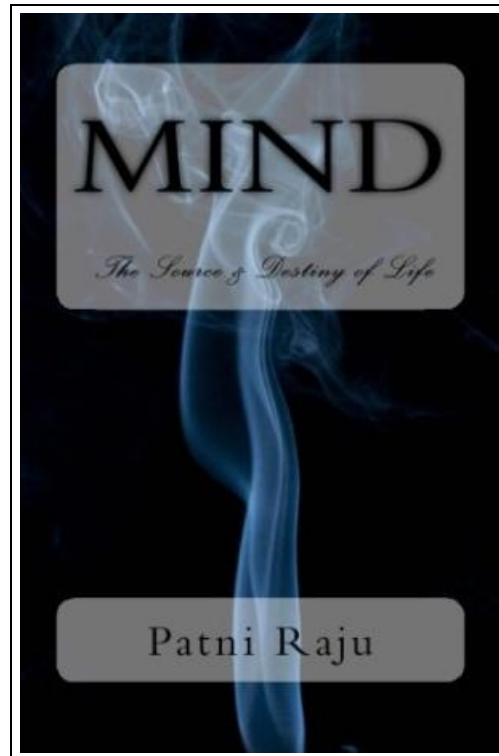


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 190 pages. Dimensions: 8.5in. x 5.5in. x 0.5in. Mind is invisible force in our body driving and directing our thinking, attitude, emotions, actions and reactions. Mind is not a gross thing, it is invisible and intangible. Its magnitude cannot be measured. It does not require a space in which to exist. Mind is the most subtle of the matter and hence, prompter of the body. Its seat is in the brain and the mind is not brain. Many misunderstand mind to brain. For the better understanding of the modern society, the brain can be compared with the CPU of a computer, mind the operating system. The mind is intimately connected with the body. The mind acts upon the body and the body reacts upon the mind. Mind has influence over the body. A pure healthy mind means a healthy body. Grief in the mind weakens the body. Body influences the mind also in its turn. If the body is healthy, the mind also becomes healthy. If the body is sick, the mind also becomes sick. Pain in any part of the body causes depression in the mind. Mind is also the thinking faculty, that which schemes, plans, reasons, wanders, fluctuates, soars high, falls low, rejoices, feels sad and depressed, concentrates in Peace, degenerates in ignorant darkness. All these changing faculties are made up of Mind. Mind is a link to the outer plane of phenomenal existence by means of its servants: the senses, and the inner realms through intellect. It helps to know, that the mind is never separate from the little Self, and the higher Self, just as a drop of water in the ocean is never separate from the waves or the waves from the ocean....



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