

Mind Control Wisdom from Bhagavad Gita — With Slokas & Q&A

Chapter 6, Verse 5

Sloka (Telugu):

ఉద్ధరేదాత్మనాత్మానం నాత్మానమవసాదయేత్ |

ఆత్మైవ హ్యేత్మనో బంధుః ఆత్మైవ రిపురాత్మనః |

English:

*uddhared ātmanātmānaṁ nātmānam avasādayet
ātmaiva hyātmano bandhur ātmaiva ripur ātmanah*

Meaning (English):

Elevate yourself through the power of your mind, and not degrade yourself, for the mind can be the friend and also the enemy of the self.

Q: Who is our real friend and enemy?

A: Our own mind! A positive, disciplined mind is our friend. A restless, distracted mind is our enemy.

Q: What should we do?

A: Uplift ourselves by making our mind strong, disciplined, and focused.

Chapter 6, Verse 19

Sloka (Telugu):

యథా దీపో నివాతస్థో నేంగతే సోపమా స్మృతా |

యోగినో యతఃచిత్తస్య యుంజతో యోగమాత్మనః |

English:

*yathā dīpo nivāta-stho neṅgate sopamā smṛitā
yogino yata-chittasya yuñjato yogam ātmanah*

Meaning (English):

Just as a lamp in a windless place does not flicker, the disciplined mind of a yogi practicing meditation remains steady, focused, and unmoving.

Q: What example does Lord Krishna give for a steady mind?

A: Like a lamp in a calm room, the mind of a focused student stays steady without getting distracted.

Q: What is the lesson for students?

A: Keep your mind steady on your goal even when life brings distractions — your future will glow beautifully.

Chapter 6, Verse 26

Sloka (Telugu):

యతో యతో నిశ్చరతి మనశ్చంచలమస్థిరమ్ |

తతస్తతో నియమ్యైతదాత్మన్యేవ వశం నయేత్ |

English:

yato yato nishcharati manash chanchalam asthiram

tatas tato niyamyaitad atmanyeva vasham nayet

Meaning (English):

Whenever and wherever the restless and unsteady mind wanders, one should bring it back and continually focus it on the Self (God or one's goal).

Q: Is it normal for the mind to wander?


A: Yes — even great yogis experienced this. The trick is to gently bring it back every time.

Q: What should we do when the mind wanders?

A: Notice it, smile, and bring it back to your goal or mantra.

Practical Mind Control Techniques


1 Set a Small Daily Goal

 One clear study target per day.


2 Breath Awareness (2 mins)

 Deep breathing when distracted.

3 Time-bound Distraction Control


 Phone/music only after study targets.

4 Positive Thought or Mantra

 "I am calm, focused, and strong."

 Or devotional: "Krishna, guide my mind."

5 Evening/Morning Reflection

 What good did I do today?

🔗 Where did I waste time?

🔗 What should I improve tomorrow?

🔗 Final Gita Message

“Master your mind today — it will serve you all your life.”

How to Stay Positive Even When Friends Influence You Negatively

Q: Is it wrong to have friends who distract us?

A: No — it's natural to have all kinds of friends. But you should be clear about **who influences whom**. Either you uplift them, or they pull you down.

Bhagavad Gita 6.5 says:

"Elevate yourself with your own mind, don't degrade yourself. Your mind can be your friend or your enemy."

So, choose wisely.

Q: How to deal with friends who distract or misguide?

A: 3 simple ways:

1 **Be polite, but firm about your priorities.**

🔗 *Example:* If they ask to waste time on chatting/games, say —
"Let me finish this chapter, then I'll join if time permits."

2 **Set your daily goal clearly in your mind before meeting anyone.**

🔗 If your mind has a goal, it won't get shaken easily.

3 Keep company with one or two positive-minded friends too.

- 👉 People who encourage your studies, good habits, or your prayers.
- 👉 Even if you have just **one good friend** or **your own self** — it's enough.

Q: What if my mind feels low because of comparisons or peer pressure?

A: Gita says in **6.26** — *“Whenever the mind wanders to restlessness or negativity, gently bring it back.”*

- 👉 Close your eyes, take a deep breath, and mentally repeat:
“I am walking my own beautiful path. Krishna is with me. My life will shine in my way.”

Tips to Stay Positive Daily

- ✓ Spend 2 minutes every night thinking:
“What good thing did I do today? What will I improve tomorrow?”
- ✓ Every morning, read or remember one inspiring sloka or quote.
- ✓ Keep a **small diary**: Write one positive thing you experienced daily.
- ✓ Avoid people or situations that drain your energy too often.

Q: Can I change my friends' mindset?

A: Maybe — by showing them through your own discipline, good mood, and confidence. But your first duty is **to protect your own mind**.

As Gita says in **Chapter 2, Verse 50**:
“A wise person first protects himself before advising others.”

Final Thought

- 👉 Friends are part of life, but your **mind and future are yours alone**.
- 👉 If you stay focused, positive, and calm — even your friends will start respecting you and some may follow your path.
- 👉 Be friendly, be kind — but be strong inside.

Final Points for Students — To Master Your Mind & Shine in Life

 Your Mind is Your Best Friend

Bhagavad Gita 6.5:

“Your mind can lift you up or pull you down. Make it your friend.”

👉 Train your mind to support you with good habits, focus, and discipline.

🌸 2 Stay Steady Like a Lamp

Bhagavad Gita 6.19:

“Like a lamp in a windless place, keep your mind steady.”

👉 Life will always have distractions — but you must remain calm, focused, and clear on your purpose.

🌸 3 Bring Your Mind Back Gently

Bhagavad Gita 6.26:

“Whenever your mind wanders, bring it back with love and patience.”

👉 Don't scold yourself. Gently guide your mind back to studies, goals, or prayer.

🌸 4 Friends Are Important — But Choose Wisely

👉 Be friendly with all, but close with those who uplift you.

👉 Politely avoid those who constantly pull you down.

👉 You have the right to protect your peace and future.

🌸 5 Daily Reflection is Key

👉 Spend 2 minutes every evening asking:

- What did I learn today?
- Where did I waste time?
- What will I improve tomorrow?

This will help you become your own guide and master.

🌸 6 Remember — Your Life is Yours

👉 Your marks, character, and peace of mind are yours alone.

👉 Choose what is good for you now — so that your future self will thank you.

🌸 7 Keep a Positive Thought or Mantra

🔊 Repeat mentally:

"I am calm, focused, and strong."

Or

"Krishna, guide my mind."

It works wonders when repeated daily.

✔ Final Message for Students

"The one who conquers their mind is greater than the one who wins a thousand battles."

Stay steady, stay kind, stay focused.

Your future will shine like a sunlit lamp in a calm room.

Wisdom for Focused Action and Peaceful Results

Bhagavad Gita 2.47

Telugu:

కర్మణ్యేవాధికారస్త మా ఫలేషు కదాచన |

మా కర్మఫలహేతురూఢః మా తే సంగోఽ స్త్వకర్మణి |

English:

*karmaṇy-evādhikāras te mā phaleṣhu kadāchana
mā karma-phala-hetur bhūr mā te saṅgo 'stvakarmaṇi*

Meaning:

You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions. Never consider yourself to be the cause of the results of your activities, nor be attached to inaction.

Life Lesson for Students:

🔊 Focus on studying sincerely every day, without worrying about marks, ranks, or results. When your effort is pure, results will follow naturally.

📖 Bhagavad Gita 2.50

Telugu:

బుద్ధియుక్తో జహాతీహ ఉభే సుకృతదుష్కృతే ।

తస్మాద్ద్యోగాయ యుజ్యస్వ యోగః కర్మసు కౌశలమ్ ।

English:

*buddhi-yukto jahātīha ubhe sukṛita-duṣhkṛite
tasmād yogāya yujyasva yogaḥ karmasu kauśhalam*

Meaning:

One who prudently practices the science of work without attachment can get rid of both good and bad reactions in this life itself. Therefore, strive for Yog, which is the art of working skillfully (in proper consciousness).

Life Lesson for Students:

📖 Learn to stay calm whether your exam goes well or not. Focus on doing your best with full attention and positivity — this itself is yoga.

Where an Elevated Mind Guides, Victory Follows

(ఎక్కడ యోగేశ్వరుడు వంటి ఉజ్వలమోనై మనస్సు ఉంటే, అక్కడ విజయమే ఉంటుంది)

Bhagavad Gita 18.78

Telugu:

యత్ర యోగేశ్వరః కృష్ణో యత్ర పార్థో ధనుర్ధరః ।

తత్ర శ్రీర్విజయో భూతిః ప్రవా నీతిర్మతిర్మమ ।

English:

**yatra yogeshvaraḥ kṛṣṇo yatra pārtho dhanur-dharaḥ
tatra śhrīr vijayo bhūtir dhruvā nītir matir mama**

Meaning:

Where there is Lord Krishna, the master of yoga (the highest mind), and Arjuna, the sincere doer, there will surely be prosperity, victory, success, and sound judgment. This is my conviction.

Student Message for Bhagavad Gita 18.78

****“Dear student, whenever your mind becomes calm, steady, and positive like Yogeshwara Krishna — and you sincerely perform your duties like Arjuna, success will surely follow you.**

**Remember, Krishna represents your highest, most disciplined mind.
Arjuna represents your sincere effort.**

When your focused mind guides your hard work, there will surely be: **

- **Victory in exams**
- **Prosperity in life**
- **Inner peace and clarity**

No matter what distractions come, if you keep your inner Krishna awake, and act with sincerity like Arjuna — nothing can stop your success.”

✿ Stay steady, stay sincere — your victory is certain.

✿ Blessings

**May Lord Krishna, the eternal Yogeshwara, bless you with a calm, steady, and focused mind.
May your heart be filled with confidence, discipline, and positivity.
May you achieve success in your studies and life while staying humble, kind, and balanced.**

Where there is purity in effort and divinity in thought — there, victory is certain.

✿ Stay steady. Stay sincere. Stay blessed.

May your future glow beautifully like a lamp in a calm room.

With warm blessings,

— From elders, well-wishers, and the eternal wisdom of Bhagavad Gita.



సర్వం శ్రీకృష్ణార్పణమస్తు

“May everything be humbly offered at the feet of Lord Krishna.”

A perfect way to surrender the effort, the wisdom, and the results to the Lord — as the Gita itself teaches.