Outline

► What is mental energy (mind)?
► What generates mental energy?
► Ways in which we waste mental energy
► Factors that influence our mental energy levels
► The power of positive thinking and how to turn it into action that can help the environment
► Using our mental energy to help serve the planet
Purpose of this study circle

The purpose of this study circle is to understand the importance of our mental energy in relation to factors influencing its strength, how it can be conserved and the impact it has on us and the environment.
What is mental energy (mind)?

Mental Energy

- Ability to focus attention
- Ability to shut out distractions
- Power to listen, comprehend, understand, discriminate, assimilate and absorb
- Ability to persist for long periods when thinking productively about a problem
- Ability to persist in search of a solution
What generates mental energy?

Flow of Spiritual Energy

- Soul
- Intelligence
- Mind
- Senses
- Body
What generates mental energy?

- Soul
- Intelligence
- Mind
- Senses
- Body

Internal World

External World
What generates mental energy?

The power of thought and discrimination
- Right vs. wrong
- Internal vs. external
- The soul vs. the body and senses
- Long-term gain vs. immediate pleasure
- Self-realisation vs. worldly gains

The power of desires
- Life ‘+’ Desire is Man
- Life ‘-’ Desire is God
- Unchecked desire causes unnecessary anxiety

The power of the senses
- One of the most powerful forces
- Makes the material world appear real
Ways in which we waste mental energy?
Ways in which we waste mental energy

- Greed
- Television
- Technology
- Excessive mental chatter
- Anxiety
- Worrying
- Excessive desires
- Criticising others
- Delusion/Attachment
- Jealousy
- Procrastinating
Factors that influence our mental energy levels?

**Internal and External**

- Prayer
- Ability
- Mood
- Meditation
- Mindset +ve/-ve
- Motivation to get something done
- Criticising words/ Thoughts
- Worry/Anxiety
- Inner silence
- Routine/Discipline
- Self-confidence
- Yoga
- State of physical health
- Chanting

- Food
- Exercise
- People we spend time with
- Environment
- Sleep/rest
- Outer silence
- Work we are engaged in
- Stress levels
The power of positive thinking and how to turn it into action that can help the environment?

- Listen to your heart not your mind
- Selfless activities
- Act with love at all times
- Pursue spiritual goals not worldly ones
- Do not identify yourself with the body; align yourself to the soul
Using our mental energy to help serve the planet

The energy that is conserved from limiting or eliminating behaviours and habits can be put to good use to help our planet and stay connected with Nature. Why not:

- Watch one hour less television every day and instead go for a mindful walk while praying to impart positive vibrations to Nature?
- Direct the time spent on social media to educating others on the environmental dangers currently facing our planet and the practical steps we can take to help?
- Resolve to worry less and instead plant some vegetables in the garden or help clear rubbish in a nearby park?

Can you come up with more ideas that can help us direct our physical and mental energies towards positive actions to help the environment and staying connected with Nature?
Recap

► What is mental energy (mind)?
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► The power of positive thinking and how to turn it into action that can help the environment
► Using our mental energy to help serve the planet
What is spiritual energy?

Practices that can help us be aware of the spiritual source (divinity) within each of us

How do we recognise the divinity (or pervasiveness of divine energy) in Nature?

Understanding the relationship between internal energy (physical, mental & spiritual) and external energy (Nature)

Need for transforming spiritual energy into action

How can we achieve maintaining the balance in Nature?
Get in touch

If you have any questions, feedback or ideas on Serve the Planet Programme, please get in touch with the Team at servetheplanet@sathyasai.org.

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