

Prerequisite of Education

Meditation is an integral part of the curriculum of 'Spick & Span' School. Curriculum devoid of Spiritual Education will be incomplete. If you entrust your brain with too many things soon brain will be only a storehouse of information. But it is to be used in wise manner. One has to learn meditation.

Meditation is a technique where we fix our mind only on one object. The object chosen in 'Spick & Span' school is breath, which is a factual reality. When students learn to concentrate on breath, they fix their entire attention above the upper lip at the entrance of the nostrils. As the mind is fixed on incoming & outgoing breath, the mind becomes very sharp. With the same sharpness the information is judiciously studied, analysed & wisely & aptly applied. So naturally one becomes successful in all the avenues of life.

We bathe physical body to remove dirt so also mind should be bathed to clean it from all the defilements as anger, lust jealousy which leave abrade marks on mind.

But if the mind is not trained or it is blunt, whatever the information received through five sense organs cannot be properly perceived. So the decisions taken might prove as incorrect and then one blames the destiny. We train our students to be self independent in every aspect, so that destiny should not play a role in their life. If you are master of your mind, you learn to work, study with full concentration with clean, pure and pious mind.

Such a pure & pious mind is much faster, most accurate in taking decisions, precise while answering. So naturally one becomes successful.

Mind will act as a strainer & all the unwanted information will be discarded so that it won't be overloaded with information & such a mind with only required information will be much useful while combating a particular problem & will be most effective to

reach the desired goal.

Mind has a prime importance in study and still is the most neglected sixth sense organ and we never learn to care, clean and nourish it.

We systematically learn driving, swimming and various other arts but we never train our mind to walk on the path of life and ultimately life becomes miserable.

So before students trudge the roads of life, they should go to schools where a systematic training is given to mind by a coach.

What sort of training is required so that mind becomes clean, pure, pious & sharp ?

We take bath everyday but forget to bathe our mind and try to fight the battle of life with weapon (mind) which is untrained perturbed blunt and over loaded with information so naturally such a mind most often becomes sick and will be a prey to depression, nervous breakdown, anxiety. So we responsible for our misery. Not only this, but such a miserable person distributes his grief to all his friends, relatives and neighbors. Contrary to this if the mind is full of enthusiasm, after getting rid of all defilements, a person becomes happy & contented.

We learn Math's, Science and Social Science with such turbid, unsharpened mind and expect excellence in exams & ultimately are disappointed irrespective of number of tuition. Why ? The answer is, the unsharpened tool.

Mind has a bad habit of wandering into past or future. Can anyone live in these past and future moments ? Certainly not. So first we train our students to live in present. Mind is so stubborn & is also the slave of its own habit pattern that it just observes few breaths & wanders. As soon as we notice that it has wandered we tell them to bring it back to breath. After repeated trials, they learn to fix their mind on breath.

As mind acquires the skill to observe breath for few moments, a student becomes calm and notices peace within, such a calm,

peaceful, concentrated, pious, pure & sharp mind is very useful to excel in any field and naturally study is not a burdensome but they develop liking for it & its an interesting experience for them.

When we sleep it is the physical body which gets rest but during sleep as breathing is continued so also the work of mind. Obviously our mind is working for 24 hours. It may fall sick. Mind needs rest so that it can work more efficiently. Meditation is the only means to relax our mind. Naturally relaxed mind is a peaceful mind.

So, be a master of mind & architect of your own destiny.



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