

## Cognition/Thinking Domain

When your mind confused by hearing conflicting statements, will remain steadfast and firm in meditation you will then attain Union with God.

Bhagavad Gita 2: 53

It is true that the mind is restless and difficult to control.

But it can be conquered, Arjuna, through regular practice and detachment.

Bhagavad Gita 6: 35

Unswerving devotion to Me with whole-hearted discipline, resort to solitary places, dislike for a crowd of people. Fixity in Self-knowledge, observing everywhere the object of true knowledge (God): all this is declared to be Knowledge (Wisdom); what is contrary to this is called ignorance.

Bhagavad-Gita 13: 10-11

The Lord takes His stand upon hearing, sight, touch, taste, smell, and upon the mind.

He enjoys what mind and senses enjoy.

Deluded men cannot trace His course.

Only the eye of wisdom sees Him clothed in the states of existence, going forth, being in the body, or taking in experience.

Disciplined men can also make an effort and see His presence in themselves.

Bhagavad Gita 15: 9-11

I [Krishna] give you these precious words of wisdom; reflect on them and then do as you choose.

Bhagavad Gita 18: 63

Meditation is in truth higher than thought.

The earth seems to rest in silent meditation; and the waters and the mountains and the sky and the heavens seem all to be in meditation.

Whenever a man attains greatness on this earth, he has his reward according to his meditation.

Chandogya Upanishad 7: 6

When a man speaks words of truth he speaks words of greatness: know the nature of truth.

When a man knows, he can speak the truth.

He who does not know cannot speak truth; know the nature of knowledge.

Chandogya Upanishad 7: 16

Arise! Awake! Approach the great and learn.

Like the sharp edge of a razor is that path—so the wise say—hard to tread and difficult to cross.

Katha Upanishad 1.3: 14

Abiding in the midst of ignorance, thinking themselves wise and learned, fools go aimlessly hither and thither, like blind led by the blind.

Katha Upanishad 1.2: 5

Know that the Self is the rider, and the body the chariot; that the intellect is the charioteer, and the mind the reins.

The senses, say the wise, are the horses; the roads they travel are the mazes of desire....

Katha Upanishad 1.3: 3

When a man lacks discrimination and his mind is uncontrolled, his senses are unmanageable, like the restive horses of a charioteer.

But when a man has discrimination and his mind is controlled, his senses, like the well-broken horses of a charioteer, lightly obey the rein.

Katha Upanishad 1.3: 46

If men thought of God as much as they think of the world, who would not attain liberation (Nirvana).

Maitri Upanishad 6.24

Thoughts alone cause the round of births (samsara); let a man strive to purify his thoughts.

What a man thinks, that he is: this is an old secret.

Maitri Upanishad 6.34: 3

By the serenity of his thoughts a man blots out all actions, whether good or bad.

Dwelling within his Self with serene thoughts, he obtains imperishable happiness.

Maitri Upanishad 6.34: 4

If the thoughts of a man were so fixed on Brahman as they are on the things of this world, who would not then be freed from bondage?

Maitri Upanishad 6.34: 5

The mind, it is said, is of two kinds, pure and impure: impure from the contact with lust, pure when free from lust.

Maitri Upanishad 6.34: 6

When a man, having freed his mind from sloth, distraction, and vacillation, becomes as it were delivered from his mind, that is the highest point.

Maitri Upanishad 6.34: 7

A man becomes pure through sincerity of intellect; thereupon, in meditation, he beholds Him who is without parts.

Mundaka Upanishad 3.1: 8

“And so strength must come to the nation through education.”

Swami Vivekananda, Sayings and Utterances

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