

Bramhacharya (Centeredness)



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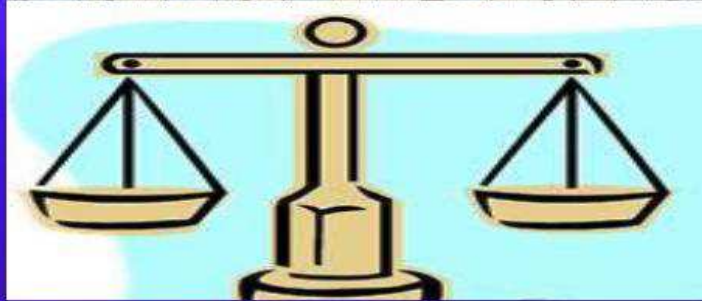
- **Brahmacharya** is continuity and centeredness. The general meaning is also celibacy and to control sexual thoughts. However, the etymological meaning of the word is something different. Brahma + Charya = the creative principle + the action. That means action by the creative principle. More precisely, brahmacharya means centeredness, avoiding extremes and restricting wavering.

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Bramhacharya **(centeredness)**

- Bramhacharya means centeredness, avoiding extremes and restricting wavering. It is required for achieving anything in life, whether mundane or spiritual.

- One has to have control over his mind and once the mind is under control and balanced, it will decide our actions and guide us through out the execution.



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Bramhacharya **(centeredness)**

- Bramhacharya also means celibacy. Celibacy mentioned here is more of mental rather than physical. One who indulges excessively in sexual thoughts, lacks concentration in thought and action and fails in judgment. If consumed by the flames of lust, it leads to obsession and hence, enslavement
- Like a duck in the water, one has to be stable in the ebbs and flows of situations and circumstances.



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Bramhacharya **(centeredness)**

- Life is a tight rope walk, which needs an unwavering mind and the thoughts should be well synchronized with action.
- When an incense stick is burned in the open, the smoke spreads out without direction. If the mind is allowed to waver, no decision can be taken and no action follows.

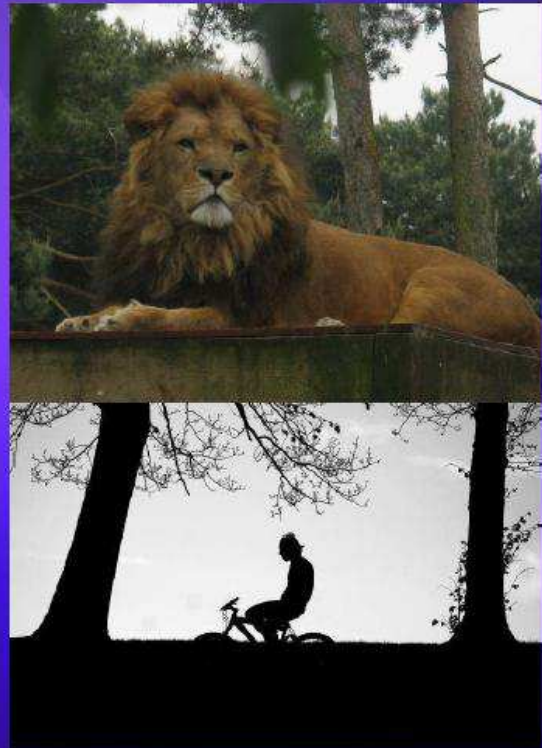
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Bramhacharya **(centeredness)**

- One's thoughts should be under the control of his/her own will, which facilitates him/her to concentrate on the required object, without wavering.
- One's attention should be centered on the path leading to his destination, not on the side ways.

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Bramhacharya **(centeredness)**

- Bramhacharya helps one to practice Yoga with measurable results and the practice of Yoga helps one to maintain Bramhacharya. Both are interdependent like water and forest.
- With unwavering mind pursue your goals, you never fail.

