

## Book Review

**Raman & Priyanka Mahajan**

<b>Title</b>	: <i>Energize Your Mind: Learn the Art of Mastering Your Thoughts, Feelings and Emotions</i>
<b>Author</b>	: Gaur Gopal Das
<b>Publisher</b>	: Penguin Random House India Pvt. Ltd
<b>Year</b>	: 2023
<b>Pages</b>	: 309
<b>Price</b>	: Rs.299.00

“The mind in its own place and in itself can make a heaven of Hell, and a hell of Heaven”.

John Milton

This review aims to assess *Energize Your Mind: Learn the Art of Mastering Your Thoughts, Feelings and Emotions* by an Indian monk widely hailed as Acharaya Gaur Gopal Das. He is an international motivational speaker, a former engineer and a bestselling author having millions of followers on various social media platforms. Blending the anecdotal and expository style of writing with analytical research, the author shows how the human mind works, and imparts knowledge on how the readers can train their minds, and master their thoughts, feelings and emotions for holistic happiness through engaging exercises, meditation techniques, and worksheets throughout the book. In the introduction of the book, Das refers to the Titanic tragedy as an analogy to demonstrate that our conflicts are the outcomes of our attitudes, selfishness and self-absorption. The way the ship sank due to faulty construction rather than icebergs or other circumstances, the most of the difficulties in our life are frequently caused by internal rather than external forces (including other people or circumstances). Our construction-physical, mental, and emotional wellness is a

---

must to deal with the obstacles of life and mastering emotions is the first step towards the achievement of goals.

The book is composed of fifteen chapters covering the four sections namely- me and my mind, others and my mind, me and the mind of others, and the universe and my mind. Through these sections, the author thoroughly influences and enthrals the readers by addressing all operational levels of the mind including- the individual, social, and universal. In the first section of the book, he exhibits that individuals can master their emotions through- Feel, Deal and Heal. 'Feel' is the individual ability to label or identify emotions, what psychologists called 'labelling', 'Deal' is the necessary action needs to be taken for self-help and 'Heal' is the long-term effect of emotional injuries to the mind such as grudges, trauma, resentments and regret etc. He illustrates on the 'modern calamity' of FOMO 'the fear of missing out', the mental health problems caused by social media, the skill of negotiation with the mind, anxiety disorder and dealing with depression and guilt. The author asserts that for mental well-being, it is crucial to understand that like the physical metabolism, the mental metabolism of each individual differs, so the progress of dealing with and healing emotions would also be relative and different. So, it is better not to go for any comparison with others. The second section introduces how other people affect the mind of an individual and what are some tools to regulate the mind in such circumstances. Das suggested the readers that to deal with a person with toxic behaviour, it is a must to set boundaries in interaction with people, learn to say 'no', increase interaction with positive ones, maintain inner strength and try to help them, if possible. He also gives techniques to deal with old memories and past experiences such as the Gibbs Model of Reflection. He suggested that to deal with criticism, it is important to receive it with an open mind, react to it patiently, and make substantial changes in you through small steps. He also explains the five phases of grief—denial, anger, bargaining, depression, and acceptance—as proposed by psychiatrist Elisabeth Kubler-Ross in the final chapter of this section and to deal with grief, it is essential to seek emotional support from family and friends because being strong implies asking for help rather than trying to do everything on one's own.

The third section explains how our actions impact others, how to treat others the way we want to be treated, and to develop our ability to empathise with others. At first, there is a need to develop empathy for others as everyone is living a complex life and the ancient literature categorized the sufferings as *Adhi-atmik*- sufferings caused by one's own wrong choices, decisions and behaviour, *Adhi-bhautik*- by choices, behaviour and

decisions of others and *Adhi-daivik*- beyond one's control such as natural disasters. Das asserts that it is essential to feel emotions and sufferings of others and then act accordingly to develop empathy. Equally significant is to be careful with the choice of words while communicating as a single word can turn out to be a great influence or a huge damage. The readers are also trained to undergo a journey from identifying their self conceits- the proud feelings for oneself to the demonstration of selfless behaviour.

The fourth section of the book focuses on how the individual mind is influenced by the universe around it. The author talks about the physical body and its senses, the mind -responsible for thinking, feeling and willingness, the intelligence- the ability to analyse and act on a situation and ego- the identity labels and the real-self called 'atma' or spiritual consciousness- the final layer and the essence of one's being. Last but not least the book also explains the ancient model 'The Pyramid of Needs' adopted by many modern philosophers and psychologists today to identify five 'koshas' or sheaths wrapped over the true self of a person.

The work and life patterns of 21<sup>st</sup> century are so full of monotony and anxiety resulting in behavioural disorders so controlling and mastering emotions is the need of the hour. This book is a rich source of inspiration and inner strength, as well as a valuable tool for developing mental health and is recommended for self-help and coping with the nasty emotions of envy, grief, anxiety, depression, criticism, old memories and self-conceit. The book will firmly enjoy a great readership since it carries an intrinsic appeal to the readers of every age and domain and particularly to young minds and aspirators. It offers anecdotes to help readers understand how the mind works and what are ways to energize the mind to regulate emotions and develop holistic mental well-being.