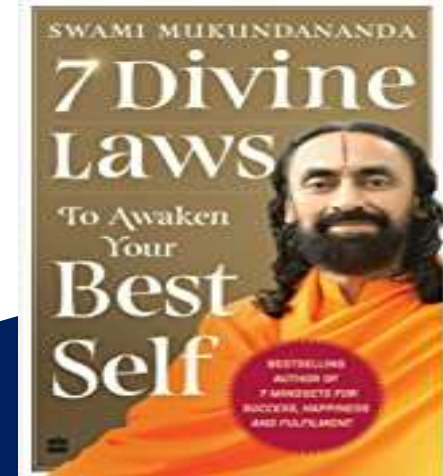


Book Club: 7 Divine Laws

Session 13



JKYOG Center For Indian Culture & Education

गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः
गुरु साक्षात् परब्रह्मा तस्मै श्रीगुरवे नमः

GururBrahma GururVishnu GururDevo Maheshwaraha
Guru Saakshaat ParaBrahma Tasmai Sri Gurave Namaha

Meaning: Guru is the Creator (Brahma), Guru is the Preserver (Vishnu), Guru is the Destroyer (Maheshwara). Guru is the absolute (singular) Lord himself! Salutations to that Sri Guru

वसुदेव सुतं देवं कंस चाणूर मर्दनम् ।
देवकी परमानन्दं कृष्णं वन्दे जगद्गुरुम्

vasudeva sutam devam kamsa canuramardanam |
devaki paramanandam krishnam vande jagadgurum

Meaning: I offer my obeisance's to Lord Krishna, the beloved son of Vasudeva, who killed the great demons Kamsa and Canura, who is the source of great joy to Mother Devaki; and who is indeed a world teacher and spiritual master of the universe

- Quick Recap
- Book Reading / Video
 - 7DL, Ch 1: The Law of Infinite Potential.
 - **Topic: *Hundred Horsepower Engine Inside Us (Intellectual fallacies) (pg 16 in Book, pg 23 in Kindle)***
- Visual Summary & Recap of concepts
- Practical Application
- Experience Sharing

Recap

- Dilemma we face

We keep striving for perfection
but don't achieve success

- Lower instincts pull us down



- The Biggest Mistake



- Soul's Destiny & Growth



Vs



- Losers Limp



Don't delay the good actions! Delay
the bad

- Intellectual Fallacies - Anitya

JKYog

Akrur, the messenger of Shree Krishna to the gopis, described imperfections of the intellect (or “viparyaya” / fallacies) in the Bhagavatam (10.40.25): *anityānātmā duḥkheṣhu viparyaya matirhyaham*
Akrur said: “Our intellect is **strapped** with **wrong knowledge**.”



Anitya
(not eternal)

Although all the **objects** of the world are **perishable**, we think they will always remain with us, and hence, we busily **accumulate** them day and night.



Anātmā

(not the real self)



Though we are **eternal souls**, we think of ourselves to be the **perishable body**.

The gravity of our problem is further aggravated because our intellect is **habituated** to this kind of defective thinking from innumerable previous **lifetimes**

Duḥkheṣu
(finding happiness in
sources of misery)



And though the pursuit of sensual pleasures only **results in misery** in the long run, we still **chase** them in the hope that we will **find happiness**.

Let us read from the book
on 2nd intellectual fallacy

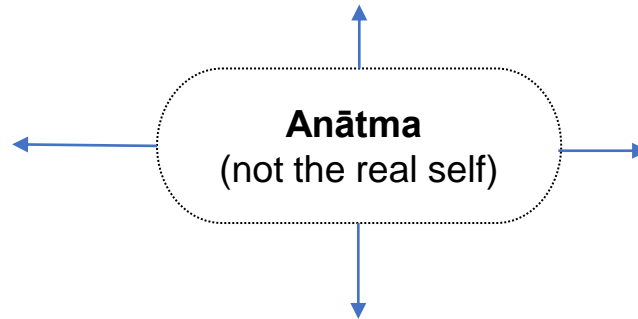
Anatma – Second Misconception

Though we are **eternal souls**, we think of ourselves to be the **perishable body**!



Driver or car?

The “**Mud-Body**” cycle
BG: chapter 2.16,17,18



Who are you? Designations? I am Indian, American, European, or Punjabi/Gujrati/Bengali... or Professor, Doctor, CEO, Or Wife, Husband, daughter We have deeply confused body's designations as the self!



Modern science further confused us!

- No mention of soul
- Even though scientists individually believe in soul
- We are left with assuming that collection of atoms, molecules and their interaction constitutes “self”

Anatma: “Modern” Science???

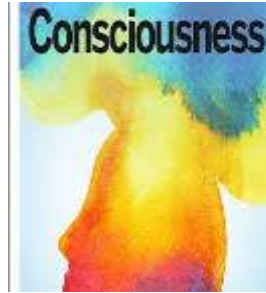
If science is believed, then we are a combination of atoms and molecules. Then consider the following!



1. Where does free will come from?

Does a machine have choice? A robot?

Scientists also realize they have a freedom of choice.



2. Where does consciousness come from?

Albert Gyorgyi expressed it well! He realized that the insentient matter could NOT explain the life's phenomenon. Consciousness is a symptom of the soul.



Frankenstein, a Novel – Doctor in story gathers body parts and creates a monster! Science too wrongly claims the same!

- It is a SYMPTOM of the soul. Much like a fragrance that fills the room
- **Our modern science has not been able to reverse hair graying or even create a hair or even a mosquito for that matter!**

What is the size of the soul? Why?

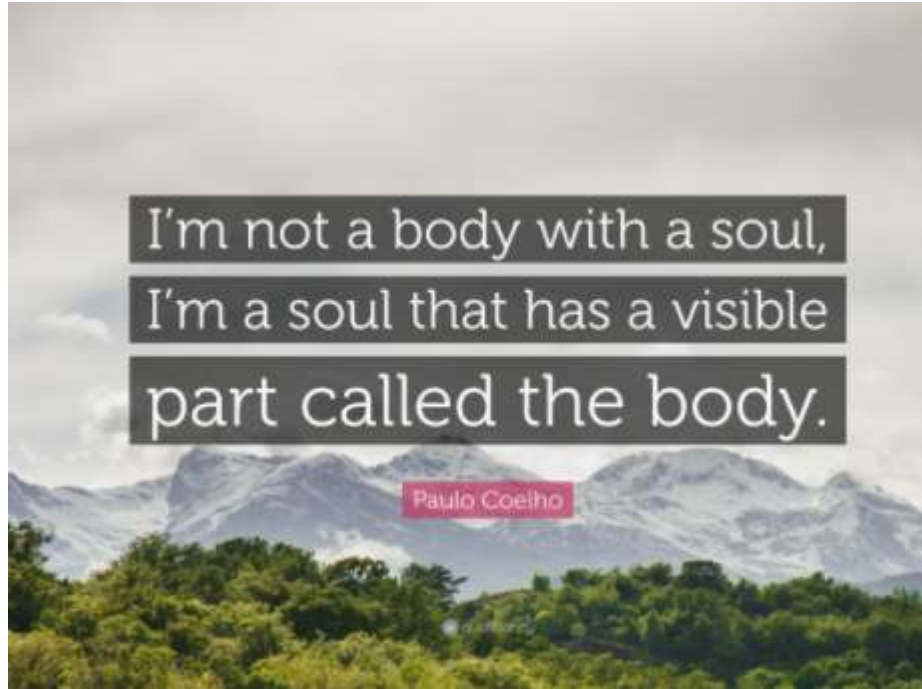
- 1. Equal** to the body?
- 2. Less** than the body's size?
- 3. More** than the body's size?

Getting closer to reality / experience...

Every Indian has possibly heard and says – I am not body, I am a soul (aatma). **But do we really believe it? Is there a way to experience the fact?**

Ways to realize we are a soul: Per Sage Patanjali, the way to know your soul-nature is through valid knowledge which **purifies the mind**. Below are few **tools and aids** that help in the process:

- *Regular practice of Yoga & Pranayam*
- *Meditation (roopdhyan is the best!)*
- *Deep contemplation on questions like – what is my goal, what do I really need, why I am here?*
- *Seva (Hari-Guru) and serving others*
- *Journal about your observations on life; even getting closer to nature helps sometimes!*



<https://quotefancy.com/quote/20851/Paulo-Coelho-I-m-not-a-body-with-a-soul-I-m-a-soul-that-has-a-visible-part-called-the>

Getting closer to reality / experience...

➤ Near Death Experiences

Thousands of stories which have been fact-checked by Doctors /Scientists

There is a non-profit focusing on NDE research:
IANDS: International Association for Near-Death studies : <https://iands.org/>

➤ Vivid accounts of Past Life Remembrance

Thousands of verified accounts, books and videos that provide a factual basis to understanding that this is not our only life. We have had many past births and this body hence is temporary like previous lives.

Past life regression is another field of treatment in which a patient is taken to past lives through help of hypnosis.

You might ask: why do we not remember past lives?



From Mud to Mud – Body is temporary!

When the soul leaves the body, body is handled by the world in three ways: burned, buried or left in water. (Krimi, Vid and Bhasam)

In all ways- reaches the mud again – when burnt, raakh merges to mud; When burnt in fire – body becomes ash and again merges in mud; When buried, insects eat and then their excreta merges in the mud
When body is thrown in water, creatures in water eat and return it to soil under water



Patanjali Yog Sutras provide a BIG hint!



- **Mind not clear of impurities**
 - **VRITTIs** – waves, - anger, greed, desires, hate, ego
- Self is Not visible; Illusion gets created;
- **Example:**
- **Movie** – people cry; Ishwar Chandra Vidyasagar's slipper on actor
- **Mountain Lake** is clear
- **Finally**, when the mind is purified, we can see the body, mind, intellect and soul

Interactive Activity

- Once upon a time, there was a great King who ruled the entire planet earth. He had all the world could offer materially. Money, fame, supporting followers, great family and no enemies etc.



- One night, he had a long and restless dream that lasted an entire night! Next morning his wife inquired about it..
- He related that he dreamt of being a beggar and having no money to buy any food! He suffered extreme woes of poverty till his dream continued

Points for Discussion:

1. Is our situation in material world similar or different?
2. Is all the pain and affliction we experience in the world illusionary like that of the King?
3. Relate any experiences that made you realize you are not this body or mind

WhatsApp Group for Book Club

Please join and encourage your friends and family to join this journey with us too !

Join the group via this link:

<https://chat.whatsapp.com/F1IzNp8Ex9pBIFidQAiPEA>

Upcoming sessions

- Remaining intellectual fallacies
- “True Growth Makes Us Humble”

THANK YOU FOR YOUR
PARTICIPATION!

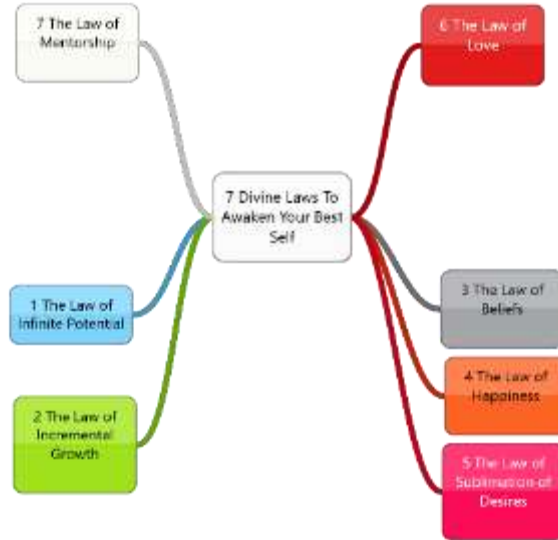
Session Schedule (June 2021)



Book Club	USA Time	India Time
Science of Mind Management	10 pm CST on Friday 4 June	8.30 am IST on Saturday 5 June
7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 6 June	6.30 pm IST on Sunday 6 June
Science of Mind Management	10 pm CST on Friday 11 June	8.30 am IST on Saturday 12 June
7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 13 June	6.30 pm IST on Sunday 13 June
Science of Mind Management	10 pm CST on Friday 18 June	8.30 am IST on Saturday 19 June
7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 20 June	6.30 pm IST on Sunday 20 June
Science of Mind Management	10 pm CST on Friday 25 June	8.30 am IST on Saturday 26 June
7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 27 June	6.30 pm IST on Sunday 27 June
Science of Mind Management	10 pm CST on Friday 2 July	8.30 am IST on Saturday 3 July

A Message to Remember !

Mind
Map



Purchase a
Great
Book in
Hardcopy when
you
Love the
Message

Remember the mnemonic sentence to remember all seven divine laws!