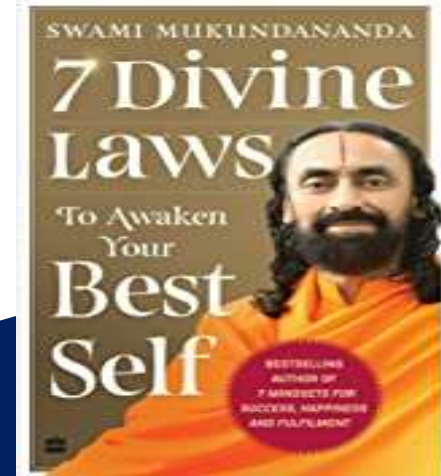


Book Club: 7 Divine Laws

Session 14



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, Anatma

Recap - What is STOPPING us then!

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**.

Duḥkheṣu
(finding happiness in sources of misery)



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

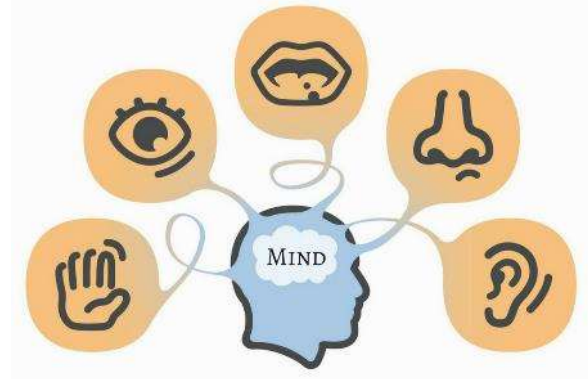
And though the pursuit of sensual pleasures only **results in misery** in the long run, we still **chase** them in the hope that we will **find happiness**.

Let us read from the book
on 3rd intellectual fallacy

Our third intellectual misconception is the belief that, in sensual pleasures, we can find the happiness that will satisfy our soul.

Definition of sensual

1: relating to or consisting in the gratification of the senses



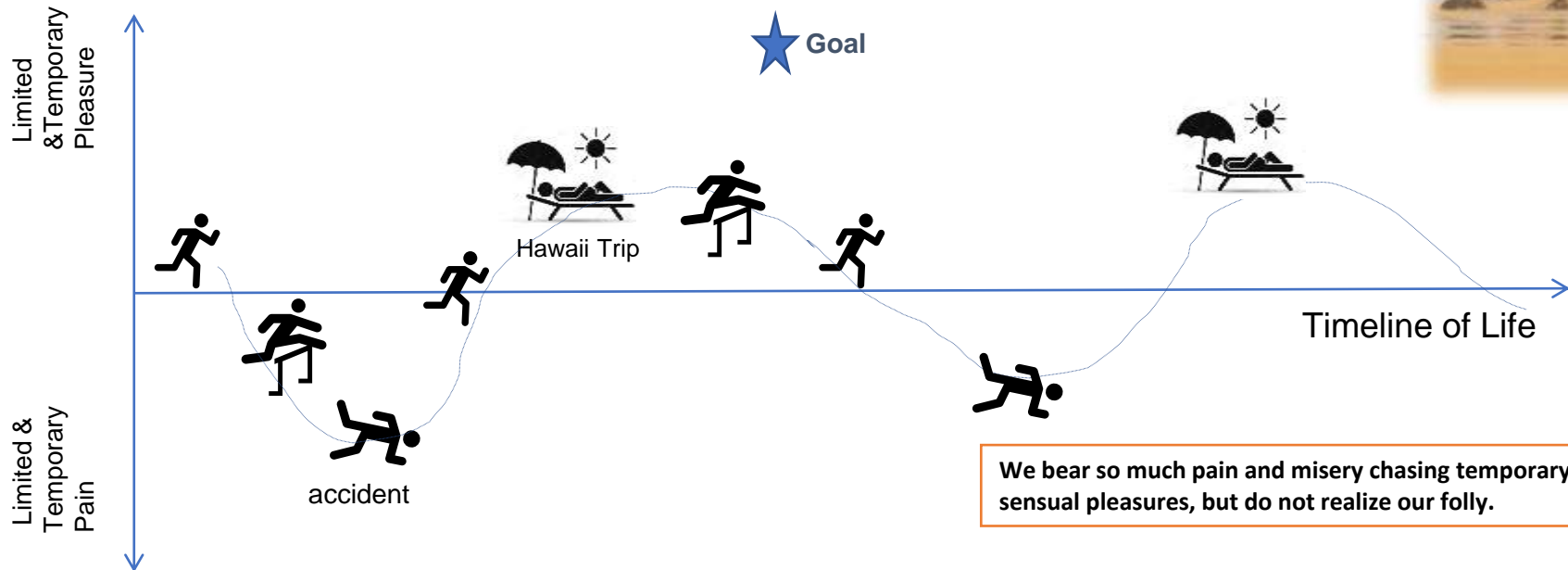
Dukheshu

What is the goal or purpose of any activity in life? (Prayojan)

Dukh Nivritti (End of suffering) or Anand Prapti (Lasting bliss)



Real Goal: Anand Prapti. (infinite, ever increasing, ever fresh bliss)



Dukheshu – Contemplate on these!



Newborn: cries it is claiming I don't want the pain of birth. On the other hand, the mother smiles! She is happy that baby is alive

Sometimes, mothers put rubber nipples in their baby's mouth to quieten them. Thinking it to be their mother's breast, the baby continues to suckle the nipple in the hope of getting milk from it. Grownups look at the baby's foolishness and laugh.

The other problem pleasure presents to an untrained person is that when a pleasant feeling ceases, it causes a painful feeling and that person “sorrows, grieves and laments”



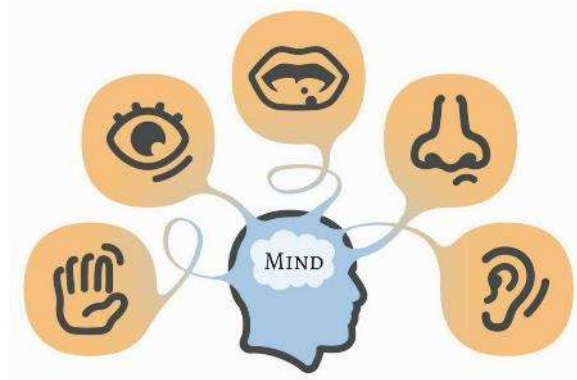
1 + 1 = Infinity?

Do enough “pleasures” add up to happiness? This is a WIDESPREAD belief in many societies. Think deeply on this!

Animal world gives us a WARNING!

TASTE: A fish attracts its own demise by getting caught in fisherman's trap with food as lure

SEE: Moth gets attracted to light, and dies



SMELL: A bee gets stuck in a lotus flower and gets eaten by an Elephant

TOUCH: Elephant loves skin touch – and falls in trap laid out by hunter with female elephant as a lure

SOUND: Deer loves particular sounds and gets trapped by hunters

Problem is Deep!

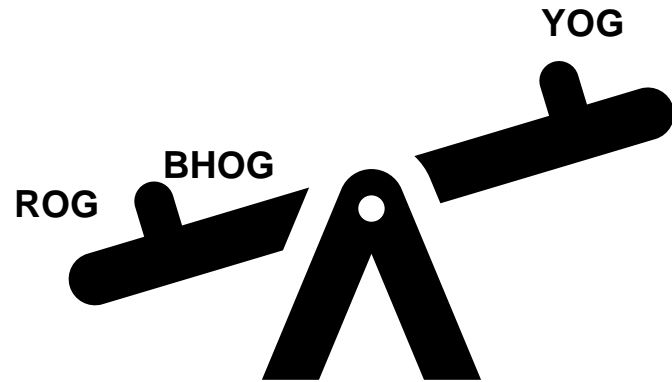
- Our five bodily senses naturally hanker for their objects of gratification. We are convinced they will give us pleasure, and that is why we run after them.
- No doubt, sensual gratification does give a **few moments of delight**, and our desire gets quenched. However, the problem is that a little while later the same desire we had fulfilled returns with redoubled intensity.

Lord Krishna told this to Arjun!

BG 5.22: The pleasures that arise from **contact** with the sense objects, though appearing as enjoyable to worldly-minded people, are verily a source of misery. O son of Kunti, such pleasures have a beginning and an end, and so the wise do not delight in them.

The senses create sensations of pleasure in contact with the sense objects. The mind, which is like the sixth sense, derives pleasure from honor, praise, circumstances, success, etc. All these pleasures of body and mind are known as *bhog* (material enjoyment).

Such worldly pleasures cannot satisfy the soul



Upyog vs. Upbhog

**Jag mahan sukh dukh dou nahin, as ur dhari le gyan.
Sukh mane dukh milat hai, sukh na jagat mahan man.**

Firmly understand that there is no joy or sorrow in this world. If you believe worldly objects are a source of happiness, in their absence you will feel sorrow. Accept the fact that there is no true happiness in the world.

- Shri Maharaj ji

Story – of a man who died

A man died and reached heaven but wanted to see how is Hell. He had good experience of Hell as a visitor and took a transfer to find out a different Hell

“That is only a model for visitors,” they said.

In this story, the visitor’s model of hell was far different from the real thing.

- **That is precisely the nature of sensual delights. We feel we will get great pleasure by savouring them, but the reality turns out much different.**



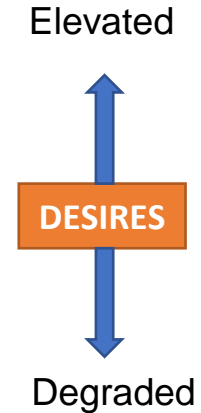
All Desires wrong?

Spiritual wisdom enables us to distinguish the advantageous desires from the unfavourable ones.

Progress happens because of beneficial desires. For e.g.:

- The desire to develop integrity and authenticity in our personality.
- The desire to make a positive impact in the lives of others around us.
- The desire to gain mastery over our mind and senses.
- The desire to create art, dance, or music for the pleasure of God.
- The desire to grow in humility and become free from conceit.
- The desire to detach the mind from painful entanglements.
- The desire to develop genuine selfless love.
- The desire* to illumine our intellect with divine wisdom.

These are only a sample of the millions of possible uplifting desires we could nurture. **The spiritual perspective of life inspires us to cultivate such sublime and noble aspirations**



These three intellectual fallacies, or *viparyaya*, all strengthen the materialistic viewpoint. This makes us believe that accumulating material objects for bodily comfort is the supreme goal. Naturally, under this misconception, worthwhile progress is pushed aside, and we start chasing futile and meaningless goals.

By dispelling these fallacies of the intellect, we develop faith in the infinite potential of our soul. Also, we will establish beneficial and meaningful life goals. Then, our efforts will align with the path of true progress.

Book Club: Interactive Activity



Share your thoughts on any of the below:

- Why different people react differently to sense pleasures?
- How can we teach children to be mindful of not falling to sense enjoyment traps!
- Share any experience of you overcoming a sense pleasure!

All this discussion about growth gives rise to one doubt. Will not the aspiration to manifest our infinite potential result in a bloated ego and a sense of aggrandizement? We will address this question in the next session:

- “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

WhatsApp Group for Book Club

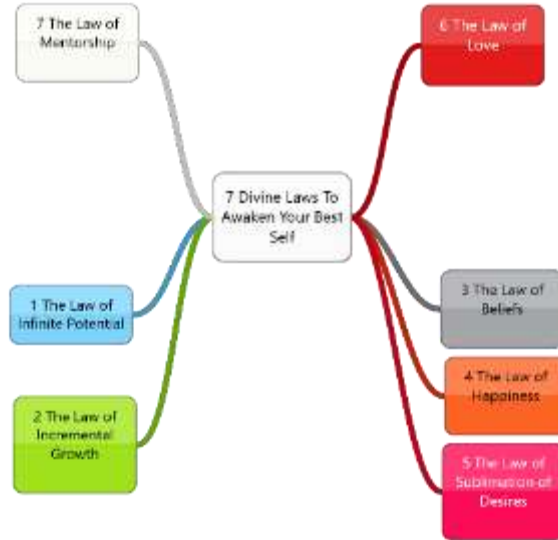
Please join and encourage your friends and family to join this journey with us too !

Join the group via this link:

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

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!

Dukhesu – Third Misconception

TBD!

Dukh – another side of such we expect

Sukh mane dukh milat hai – such na jagat mai
maan

We need lasting

**TWO Brothers –
Sukh and Anand**

Two ladies – Shreya and Preya

Gadgets, House,

Duḥkheṣu
(finding happiness in
sources of misery)