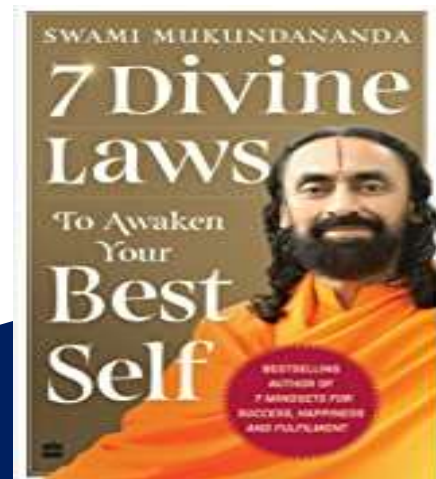


Book Club: 7 Divine Laws

Session 15



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: *True Growth Makes Us Humble***
- 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



Don't delay the good actions!
Delay the bad

- Losers Limp

- Intellectual Fallacies – **Anitya, Anatma, Dukhesu**

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): *anityānātma duḥkheṣu 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.



Anātma
(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**.

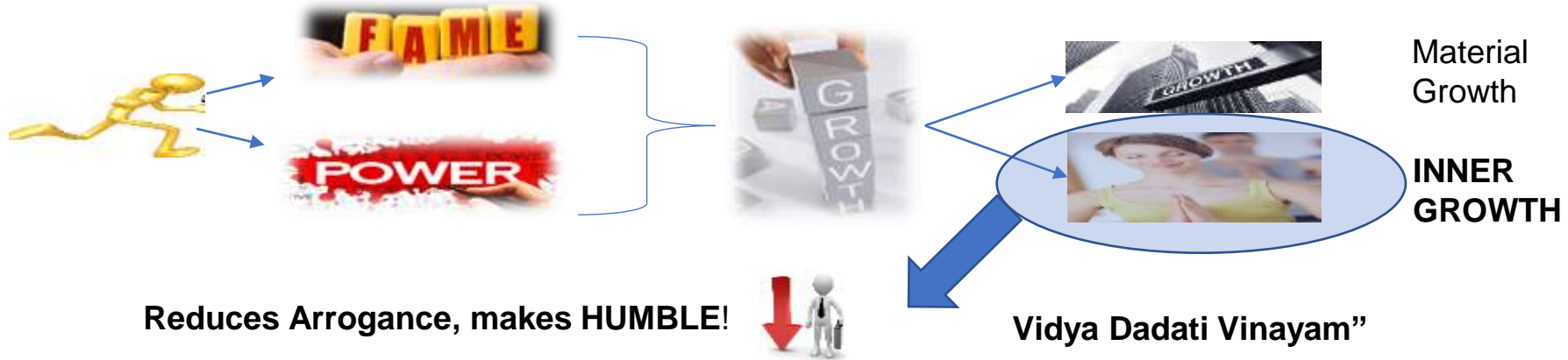
Ques 1: How humble do you think you are
(5= highest, 1=lowest)

Ques 2: On spiritual path, where you think you
have reached internally ?
(5= highest, 1=lowest)

Note down your answers with you
– no need to share!

Let us read from the book

Humbleness Framework: Cheatsheet!



- **True Growth** => makes one HUMBLE
- **Realize insignificance of soul before God's** glory (even at Zenith)
- **Universe** has 10^{22} stars!
- Story of **four headed Brahma ji** visit!
- Material Creation = $\frac{1}{4}$ th of creation
- Spiritual Creation = $\frac{3}{4}$ th of creation

- Issac Newton felt "child on seashore"
- **Saint Augustine's** "learned ignorance"
- **Saint Bhartihari's** "pride of elephant"
- **Shri Maharaj ji:** "mo sama patita baṛo"
- **Saint Tulsidas:** mo sama kauna kuṭila khala kāmī
- **Saint Soordas:** hari hauṇ saba patitana kau nāyaka

Learn from Nature!

Everything in nature teaches humbleness! Air, water, earth, fire, tree..

- The branch of tree that bears fruits leans down: Watch video: **trees in Nidhivan!**



- **Water** displays humbleness! ([Ted Talk](#)). Lot of answers for life's struggles can be had from adopting behaviour of water!



***** REMEMBER THIS *****

H2O: Humility, Harmony, Openness

& ask yourself: what would water do?

True leaders are humble!

Harvard
Business
Review

Leadership & Managing People

If Humility Is So Important, Why Are Leaders So Arrogant?



The Best Bosses Are Humble Bosses

Organizations are making a push to hire and promote workers who lead effectively but don't seek the spotlight

Indian Hotels, operator of the luxury [Taj Hotels](#) in the U.S. and elsewhere, uses **Hogan's assessments**, among others, to screen potential leaders. "Humility is an emotional skill leaders need to have"

FAMOUS THOUGHTS ON HUMILITY

'Life is a long lesson in humility.'

J.M. Barrie

'The greater thou art, the more humble thyself.'

The Apocrypha

Stories from scriptures!

- **Sughrev ji and Vibhishan ji comparison** – how Vibhishan ji introduced himself: Rakhas Kul, Tamas gun, Sita harani Ravan's brother - Sughrev ji was watching and thought he was instead testing and selfishly befriended Lord Ram!
- **Shri Chaitanya Mahaprabhu ji** : Trinadapi sunechena, tarorapi sahishnuna...
- **Uddhav ji** asked to be a blade of Grass



Watch Later: Swami ji's on Vibhishan's Surrender
<https://youtu.be/YWJwfYOhyp0>

A Humble Attitude is Essential For Our Spiritual Progress | Swami Mukundananda

<https://youtu.be/0TqHVKjaC0o>

Book Club: Interactive Activity

Share your thoughts on any of the below:

1. Your thoughts on humbleness?
2. Tools to increase humbleness?
3. Do we need to set any “boundaries” in humbleness?
4. How to handle “dominating” people?
5. Look humble or Be Humble?

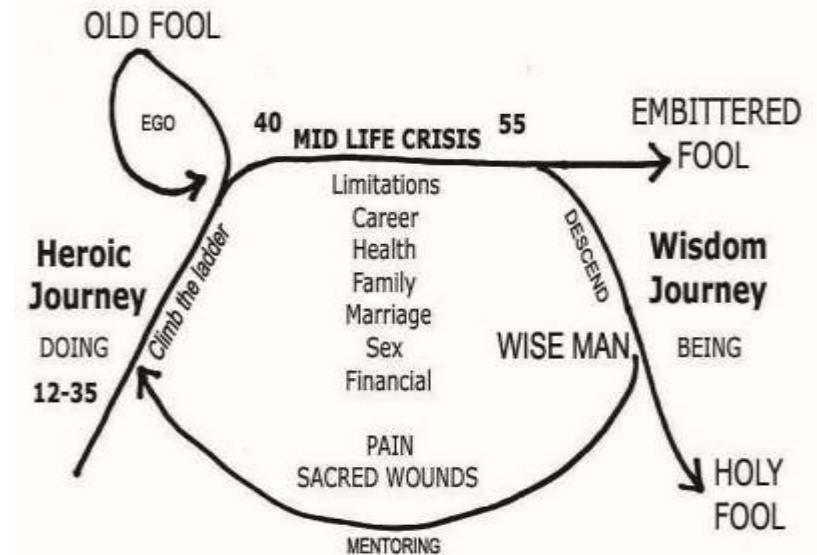


Image credit: <https://virtuefirst.info/virtues/humility/>

Now that we know that true inner growth brings humility: the next session will focus on wrapping up with a discussion on

- “Our Golden Chance in Life”

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



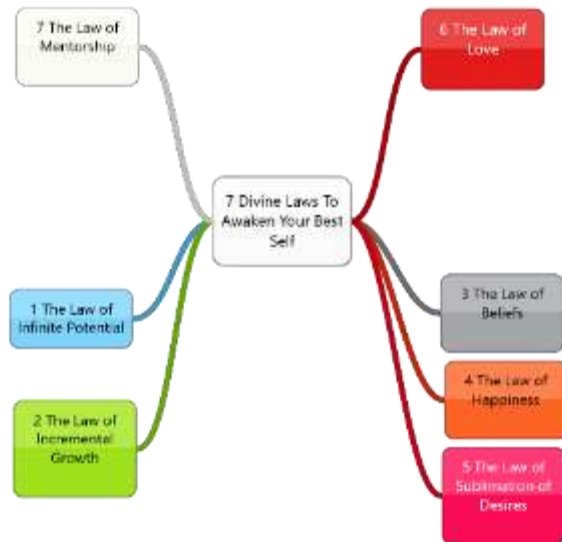
Please join and encourage your friends and family to join this journey with us too !

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!