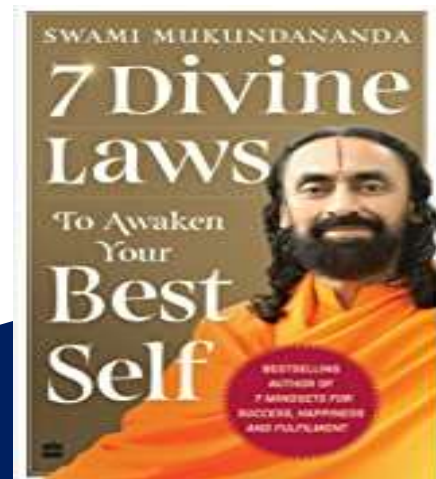


Book Club: 7 Divine Laws

Session 19



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 canūramardanam |
devakī paramānandam kṛṣṇam vande jagadgurum

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

- Quick Recap
- Book Reading / Video
 - Ch 2: The Law of Incremental Growth
 - **Topic:** The Choices We Make
- **Visual** Summary
- **Practical** Application
- **Experience** Sharing

Recap

- Dilemma we face . . . •

We keep striving for perfection
but don't achieve success

- Lower instincts pull us down



- Soul's Destiny & Growth



Vs



- Humility, Golden Chance



- **Ch. 2: Law of Incremental Growth!**

- Lottery Mentality

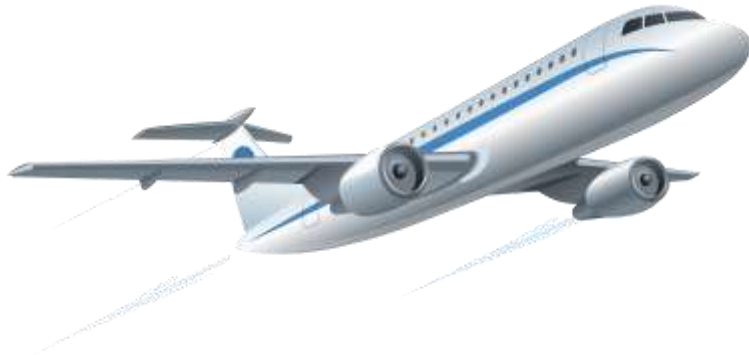
Let us read from the book

A short movie that says a lot on choices!



https://youtu.be/_HEnohs6yYw

Remember your last flight?



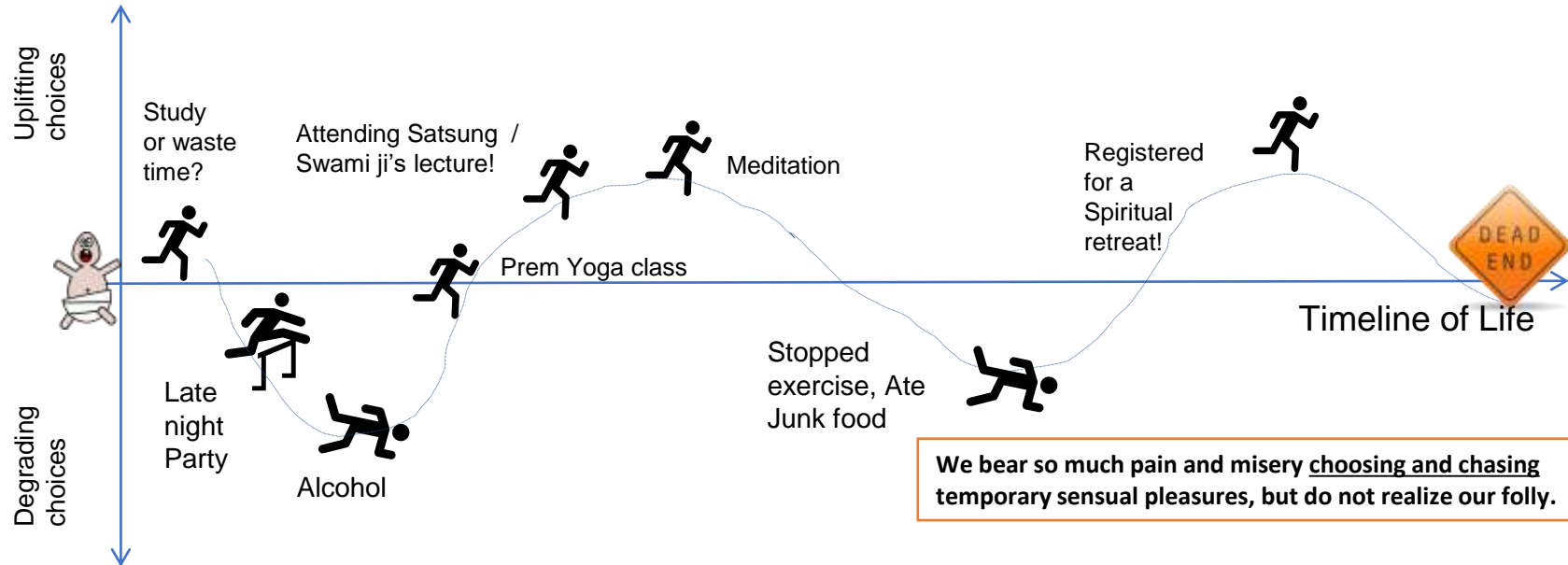
- Was the plane's takeoff your choice?
 - **Pilot decided**
- Was the landing guaranteed?
 - **No**
- Was turbulence in your control?
 - **No**
- Inflight - people spent time watching movies, eating and drinking (a lot!), talking!
Yet others read, inspire, meditate
- **Life is very much like that! A journey from birth to death determined by choices**

Choosing Suffering Every Second?

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)



We bear so much pain and misery choosing and chasing temporary sensual pleasures, but do not realize our folly.

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

What type of choices we have?



Thoughts

Whether we harbor kindness, compassion, gratitude or jealousy, greed? Uplifting or degrading thoughts in every situation.

Priorities

Where we spend our precious "time" and "energy". Pursuing material goals or spiritual? Selfish or selfless?

Emotions

Feel grumpy? Disappointed? Depressed? Victimized? Or Trusting, Thankful and loving?

Behaviors

Criticize others? Or encourage them. See divinity in everyone or find faults? Consider tone used (with kids, spouse, family)

Principle of incremental growth

Taking repeated small steps in the proper direction



A magnificent architectural monument does not manifest suddenly; it is built by gradually assembling its individual blocks.

A long journey is not completed in a single leap, but by traversing its smaller individual segments.



Similarly, one does not transform from a sinner to a saint overnight, but by making the proper choices, again and again, repeatedly over time

The Law of Incremental Growth

Personal excellence and life mastery can only be achieved by consistent small steps of incremental improvement.

Power Reminders

Choose to love ;; rather than hate.
Choose to laugh ;; rather than cry.
Choose to create ;; rather than destroy.
Choose to persevere ;; rather than quit.
Choose to praise ;; rather than gossip.
Choose to heal ;; rather than wound.
Choose to give ;; rather than steal.
Choose to act ;; rather than procrastinate.
Choose to grow ;; rather than rot.
Choose to pray ;; rather than curse.
Choose to live ;; rather than die.

Swamiji's video – Choices!



Book club: Power of Choices!



Mr. Lost in Desert,
dying of thirst



Finds handpump with
a bucket of water



Note: Use this
water it to pump
out handpump!
And refill this
bucket!



Drink and save himself?

Take risk, try handpump
to save many?

Should he take the “red”
or the “blue” option

1. Share your **takeaways** on how choices affect life?
2. How do we know a **choice** we made is **right**?
3. Share any **tools** to make right choices consistently!
4. How would you “**guide**” **Mr. Lost** to handle his situation?

Choices - Tools

- Shreya vs. Preya
- Attending uplifting events and satsung
- Contemplation
- Knowledge of Scriptures
- Clarity of Goal/Purpose
- Mindful of choice outcome to path
- Pray & leap of faith
- Avoid distractions
- Avoid junk food - impacts mind
- Meditation, yoga, affirmations
- Find inspiration from those who have progressed
- Realize that grace depends on choices

THANK YOU FOR YOUR
PARTICIPATION!

Session Schedule (Aug 2021)



Book Club	USA Time	India Time
Science of Mind Management	10 pm CST on Friday 6 Aug	8.30 am IST on Saturday 7 Aug
7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 8 Aug	6.30 pm IST on Sunday 8 Aug
Science of Mind Management	10 pm CST on Friday 13 Aug	8.30 am IST on Saturday 14 Aug
7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 15 Aug	6.30 pm IST on Sunday 15 Aug
Science of Mind Management	10 pm CST on Friday 20 Aug	8.30 am IST on Saturday 21 Aug
7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 22 Aug	6.30 pm IST on Sunday 22 Aug
Science of Mind Management	10 pm CST on Friday 27 Aug	8.30 am IST on Saturday 28 Aug
7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 29 Aug	6.30 pm IST on Sunday 29 Aug

WhatsApp Group for Book Club



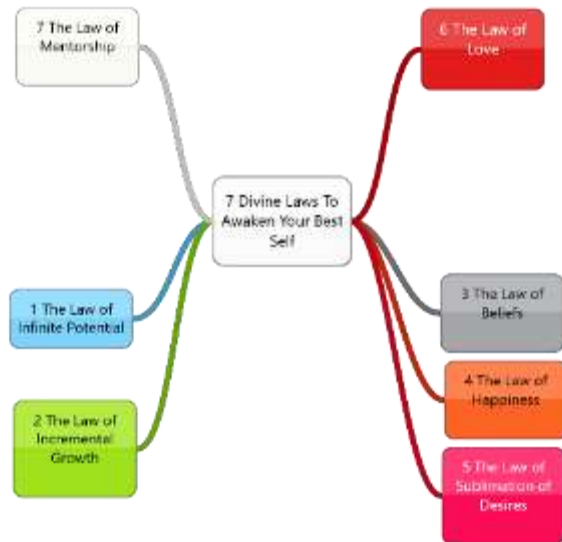
Please join and encourage your friends and family to join this journey with us too !

Join the group via this link:

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

7 Divine Laws – Mind Map

Mind
Map



Purchase a
Great
Book in
Hardcopy when
you
Love the
Message

Remember the mnemonic sentence to remember all seven divine laws!