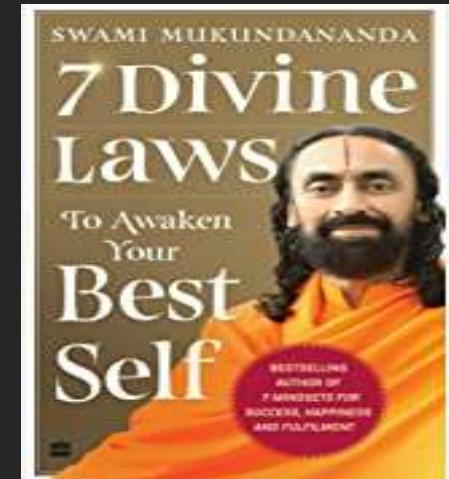


JKYog CICE Presents Virtual Book Club



Session 2 – 7 Divine Laws to Awaken Your Best Self

Brought to you by JKYog - Center for Indian Culture & Education (CICE)

PRAYER

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 canura mardanam |
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

Discussion recap from last week

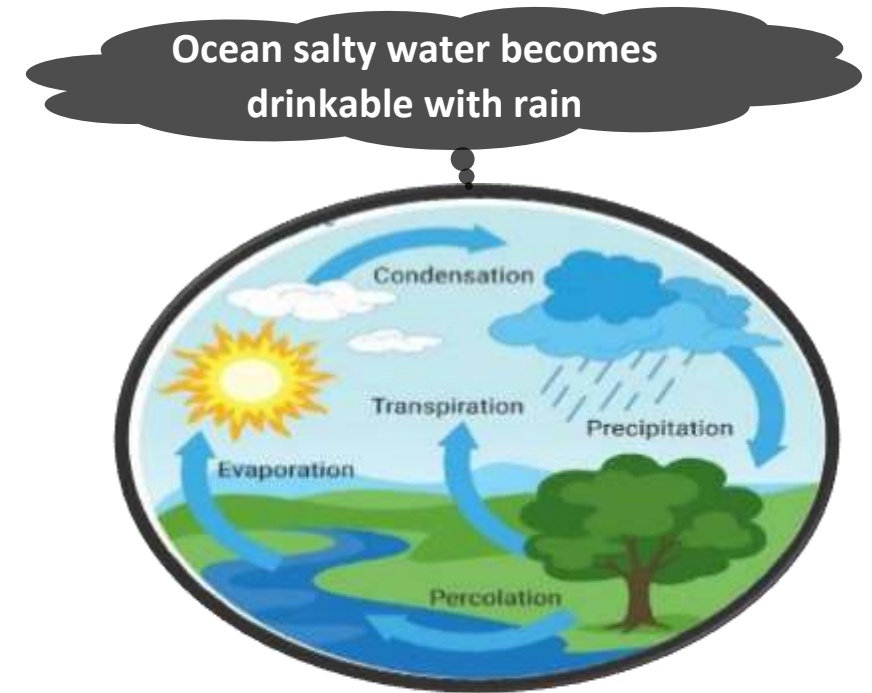
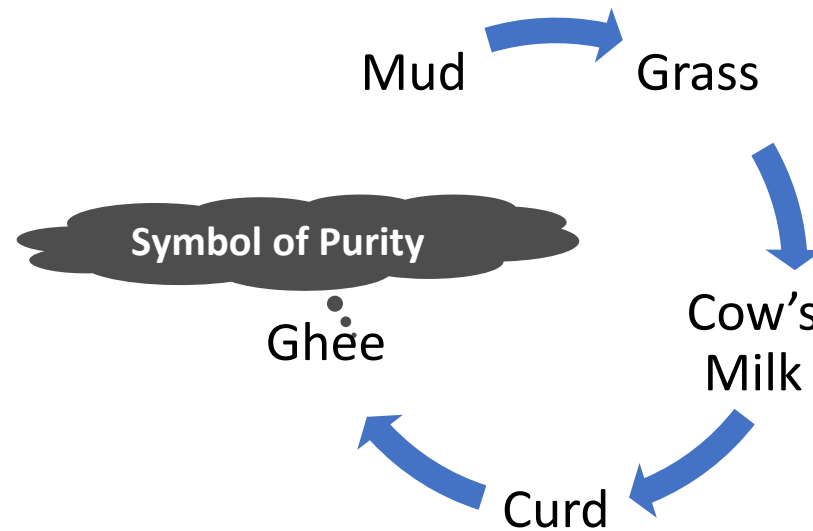
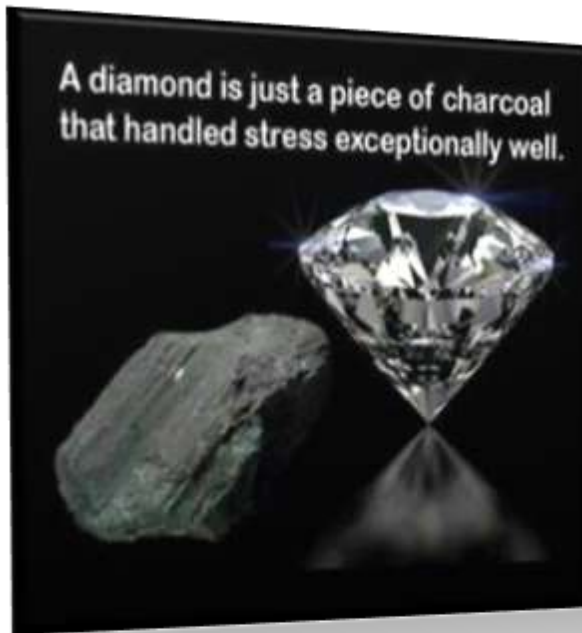
- Just like heat and light are innate to a fire, the yearning to grow is **innate to our soul's nature**
- All living beings in the world are **eternal fragmental parts of the Supreme**. (mamaivānśho jīva-loke jīva-bhūtaḥ sanātana)
- We are fragments of the “Jeev Shakti” (energy).
- Hence, as parts of the Supreme, we too seek to be more perfect (God-like). Destined for such perfection, we keep prodding for progress

Guided Reading Time!

Let us revise the key topics covered today!

Evolution of the Soul

Cycles in Nature and evolution to purity!

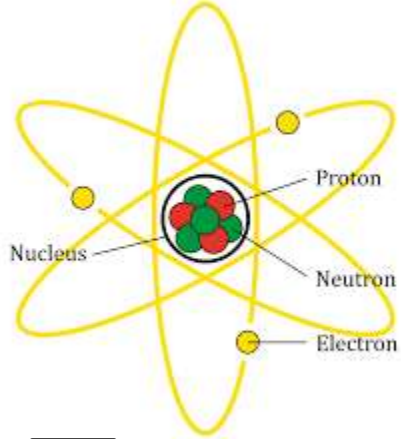


-> We see elements in Nature going through cycles. Cycles long (>millions of years) and short (atomic scale) exist and many times result in purer forms. However, creation of material products like Ghêe and Diamonds is NOT the PRIMARY purpose of Mother Nature!

Evolution of the Soul

Symmetry in creation's movement!

Atomic scale



Galactic scale



It does seem like there is a divine dance ("Maha Raas Leela") going on in every bit of creation from sub-atomic particles in an atom to stars in galaxies!



Evolution of the Soul

Science and Scriptures

- While science theorizes that the universe was created by Big-Bang 13.7 B years ago, the Vedic scriptures instead reveal to us the real cosmic cycle in enormous depths!
- The cosmic play of the various planes of existence in the universe is astounding. The fourteen worlds (lokas) and their planetary systems undergo repeated cycles of *srīṣṭi*, *sthiti*, and *pralaya* (creation, preservation, and dissolution).
- Planetary systems are destroyed at the end of a *kalp*; that is Brahma's day of 4.32 billion years. (remember the Pad: Aho Hari... *Kalp samaan lag jayi hai!*)
- We are in *four headed Brahma ji's universe*; there are universes with 100, 1000 and million headed Brahma ji's also. Each universe is dissolved (*Maha Pralaya*) at end of its Brahma's lifespan of 100 years (*for us it is 311.04 trillion earth years!!!*)



In Bhagavat Gita: Verse 8.18, At the advent of Brahma's day, all living beings emanate from the unmanifest source. And at the fall of his night, all embodied beings again merge into their unmanifest source [naimittik pralaya]

Video Time!

<https://youtu.be/MOttU3CZtOQ>

Evolution of the Soul

Four Types of Pralaya

Four forms of *pralayas* or dissolution are enumerated in the Vedas:

- **Nitya Pralaya:** Every night, when we fall into a deep sleep, our consciousness goes through dissolution daily.
- **Naimittik Pralaya:** At the end of Brahma's day, all the abodes up to the *Mahar Lok* dissolve, and all the souls residing there become unmanifest. They remain in a state of suspended animation in the body of Vishnu, waiting for the next cycle of creation. When Brahma creates these *lokas* again, these souls are reborn based on their past karmas.
- **Mahā Pralaya:** At the end of Brahma's life, this entire universe goes into dissolution. Again, all the souls of the universe unmanifest and stay in the body of Maha Vishnu. Their gross (*sthūl*) and subtle (*sūkṣhma*) body dissolve, but their causal body (*kāraṇ sharīr*) stays. In the next cycle of creation, these souls are reborn based on their past karmas and past *sanskārs*, which the soul's causal body stores and carries with it.
- **Ātyantik Pralaya:** This is the dissolution from the clutches of maya that has been binding the soul since eternity. It takes place when the soul finally attains God and is liberated forever from the cycle of birth and death.



A Message to Remember!

This evolution has a purpose!!!

Nature's chief objective is to nurture the evolution of all souls to super-consciousness over a continuum of lifetimes.

Maya is NOT evil. Difficulties are a form of Grace. Every soul in human form is given requisite pleasure and pain in life to create a nurturing balance for its evolution.

Every soul – in 8.4 million species is going through the cycle. Even Devatas and such personalities all the way up to Brahma ji are personalities under the influence of Maya

The final goal is not reached till the soul finds infinite bliss from God. Human form is precious as it provides the rare opportunity to do so.

Nature allows and gently pushes us all towards progress; provides us the lessons (& repeats) till we learn over infinite lifetimes

Evolution of the Soul



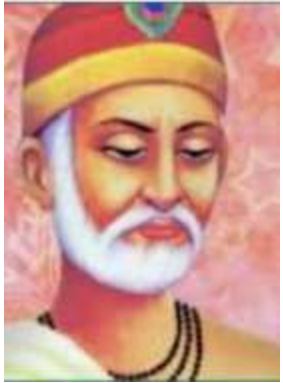
Ralph Waldo Emerson became one of America's best known and best-loved 19th-century figures.

*What is this **universal** sense of **want** and ignorance, but the **fine** innuendo by which the soul makes its enormous claim?*

The nudging of our soul that Emerson refers to was scripted in us by our Creator!

The reason we all are here on a Sunday morning is that we CONTINUE to experience this nudging to progress. We experience this hunger in varying forms and degrees. Need to work to maintain and grow this hunger.

Evolution of the Soul



Saint Kabir said “धीरे-धीरे रे मना, धीरे सब कुछ होय,
माली सींचे सौ घड़ा, ऋतु आए फल होय।”

Loosely translated: Slowly slowly O mind, everything in own pace happens; A gardener may water with a hundred pots, fruit arrives only in it is fruit season

सोना सज्जन साधू जन , टूट जुड़े सौ बार /
दुर्जन कुम्भ कुम्हार के , एड़के ढाका दरार //

Loosely translated : *if the Gold and Good people(sadhu) break down hundred times then also they will come together. But bad people and mud items can break for forever in one stroke*

Interaction Questions

1. Share the starting of your spiritual journey! How did spirituality come into your life?
2. From our discussion today, share which concepts and ideas you found powerful and why?
3. Share any inspiring thoughts or experiences related to the topic and discussion today?

Next session preview: Dilemma we face

- *Next week we are going to dig deeper with the topic “Dilemma we face”. We will bring together lots of spiritual concepts and insights answering some of the key questions like:*
 - *When we want perfection, why success does not come easy on this path*
 - *Does creation expect us to fail? Why?*
 - *What is the root cause of stagnation on spiritual progress?*

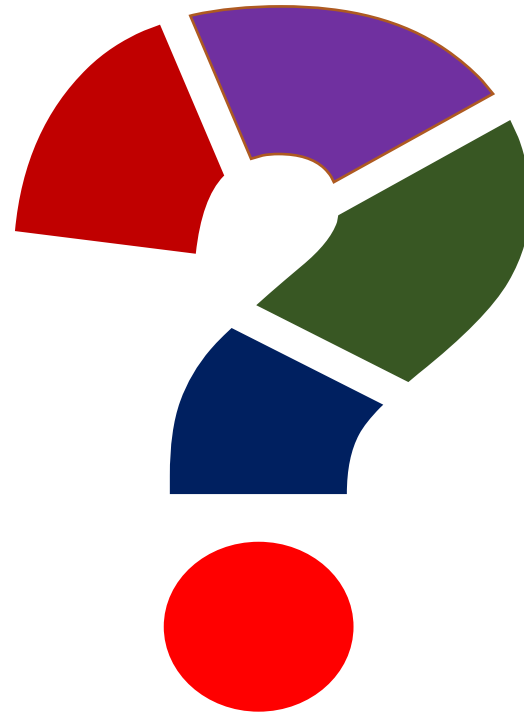
Also, next week (session 3) will have a fun Kahoot Quiz to revise the learning from session 1 and session 2!

Schedule of Sessions [March 2021]

Session	Book Club	USA Time	India Time
2	Science of Mind Management	10 pm CST on Friday 12 March	9.30 am IST on Saturday 13 March
2	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 14 March*	6.30 pm IST on Sunday 14 March*
3	Science of Mind Management	10 pm CST on Friday 19 March	8.30 am IST on Saturday 20 March
3	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 21 March	6.30 pm IST on Sunday 21 March
4	Science of Mind Management	10 pm CST on Friday 26 March	8.30 am IST on Saturday 27 March
4	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 28 March	6.30 pm IST on Sunday 28 March

*** Day Light Saving Note for India Participants:** Sunday, 14th March onwards, the India session timings will shift by an hour. The Science of Mind Mgmt. session will be held on 8.30 am on Saturdays (India Time), and 7 Divine Laws session will be on 6.30 pm on Sundays (India Time)

Question & Answers



Radhey Radhey!

**Heartfelt Thanks and
Gratitude !!!**

**for your participation and the
opportunity to serve you!**

