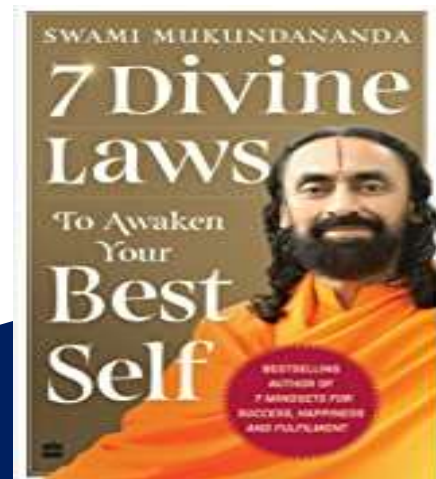


Book Club: 7 Divine Laws

Session 20



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

Making right Choices

Cheat sheet

Shared by participants in last week
Book club discussion

- **Contemplate** on divine knowledge daily
- **Attending** uplifting events / **satsung**
- Find **inspiration** from satsung(ees)
- **Engage in Yoga & Meditation** – Roopdhyan
- **Choose** Shreya (long term benefit) vs. Preya
- Leverage the **affirmations** to increase ability to continue making right choices
- Revise **knowledge** of the divine scriptures
- Revise and **clear your goal** & purpose when faced with difficult choices
- Power of **Prayer**: Pray, surrender and be ready for leap of faith based on situation
- Avoid junk **food** and also food with **tamasic tendencies** (too spicy, too sour)- impacts mind

- Quick Recap
- Book Reading / Video
 - Ch 2: The Law of Incremental Growth
 - **Topic:** The Choices We Make (PART 2 – Law of Incremental Growth introduction)
- **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, Choices

Let us read from the book

The Law of Incremental Growth

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

Lottery winning
mentality



Make Right Choices
Repeatedly



P V Sindhu video – Growth with sacrifices!



<https://youtu.be/TewQj77TpOA?t=15>

Where does the law apply?

All fields of human activity

Material



Spiritual



- <https://youtu.be/vNUNrPyF-Rw>

Spiritual Growth

Sadhana = Process of Growth

Instruction for all of us is
to do sadhana to purify
our mind

State of Siddhi = Goal



Michael Phelps – Swimmer: Growth is like putting small amounts of money in your bank everyday so you can withdraw when needed!

Spiritual Growth & Seekers

Accomplishment in any field is not a gift from Creation; it must be earned through **dedicated effort**. Hence, the *Yoga Sutras* state: *tīvrasaṁvegānām āsannaḥ* (*Samādhi Pāda* 1.14) : “Success in sadhana comes quickly to those who are intensely vigorous and energetic in practice.”

BG 7.16: O best amongst the Bharatas, four kinds of pious people engage in my devotion—the distressed, the seekers after knowledge, the seekers of worldly possessions, and those who are situated in knowledge.

1. The distressed. Those who find that their pot of worldly miseries is overflowing, and they are unable to cope with them conclude that it is futile running after the world. Thus, decide to take shelter in God



2. The knowledge seekers. There are some people who have heard about the opulence of God and His spiritual realm. Thus, they are curious to know all about God and try to seek Him through knowledge.

3. The seekers of worldly possessions. Some people are clear about what they want and take the shelter of God because they are convinced; that only God can provide what they are seeking

4. Those situated in knowledge. Lastly, those souls who have understood the truth that they are tiny parts of God. Such people engage in devotion with the intent that it is their eternal duty to love and serve Him.

Twin challenges!

Material world lures with shortcuts!

There is **no dearth of advertisements promising you** an annual **income** of two crores, if you simply spend two hours daily on the internet; a **weight loss** of twenty kilos by wearing a special belt; and perfection in meditation if you take initiation in a particular **mantra**. Surprisingly, **people are willing to get duped into believing these alluring marketing lines.**

Many years ago, an advertisement appeared in a newspaper in Kolkata, "Learn 3-Minute Dhyānam." The advertisement attracted a huge crowd. Unfortunately, apprehending a stampede, the police resorted to lathi charge. The people who had come for 3-Minute Dhyānam ended up with bruised limbs from the lathi blows



We also desire shortcuts!

Quick Fixes is in our nature! The problem is that **our human nature wants quick fixes—excellence without toil, and perfection without practice. But life mastery and enlightenment are not cheap bargains. They are achieved through sacrifice, dedication, and perseverance.**

Jagadguru Shree Kripaluji Maharaj used to say that if you tried meditation, and on the first day you succeeded only one minute in ten, do not be discouraged. Keep up your practice. The next week, you will find you are able to meditate two minutes in ten. The next week it will be three minutes in ten. And once you cross the fifty percent mark, further progress will be a breeze. **This is the Law of Incremental Growth.**



The good news is that the level of difficulty does not remain the same throughout the journey. In fact, every incremental step becomes easier than the previous one (*BigMo! – next week!*)

Swamiji's video – Choices!



Book club: Incremental Growth!



Mr. Lost hoping for fast spiritual growth this week!



But on 1st day, he has argument with wife



2nd day, he struggles with his son not listening to his “good” advice!



Next, at office – client escalation and major issue occurs!



Feels lost!

1. Share discussion **takeaways** on **incremental growth!**
2. Share tools to enable growth amid sacrifices!
3. How would you “**guide**” **Mr. Lost** to handle his situation?

PORTAL

(save this for access to past
and future class materials)

<https://www.radhakrishnatemple.net/book-club-portal>

One time Registration Link

<https://www.radhakrishnatemple.net/book-club>

THANK YOU FOR YOUR
PARTICIPATION!

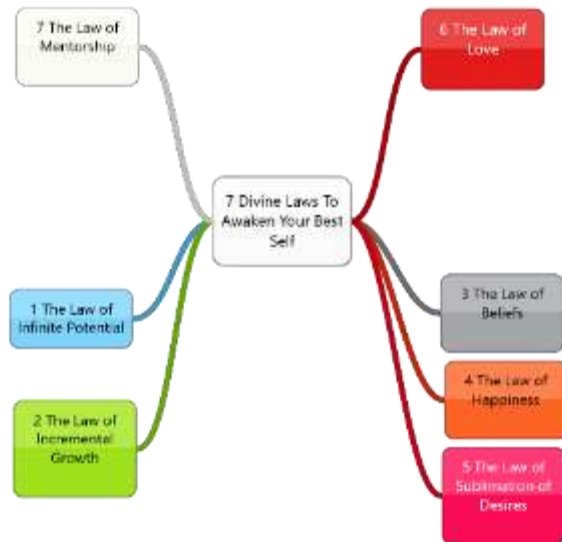
Session Schedule (Aug 2021)



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

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!