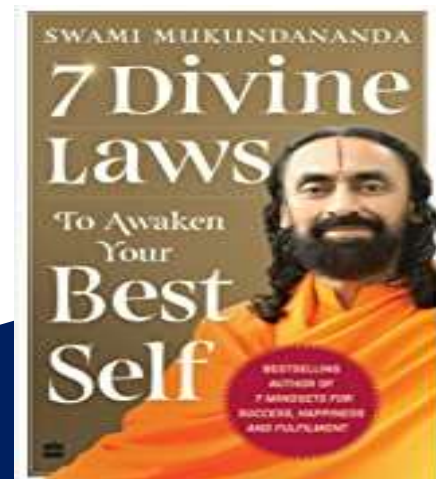


Book Club: 7 Divine Laws

Session 21



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
 - Ch 2: The Law of Incremental Growth
 - **Topic:** Behavioral Momentum
- **Visual** Summary
- **Practical** Application
- **Experience** Sharing

Let us read from the book

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 (part 1 and part 2)

Merry Go Round!



What is Momentum

Physical Momentum



The physical concept of momentum applies to human behaviour as well!

Behavioural Momentum



As you practice, the *impetus* works in your favour : **This is the behavioural momentum..**



As you strive to improve, the **velocity of your self-transformation keeps speeding up.**



Learned behaviour becomes easier with every repetition, until it finally becomes a habit



Poll: A car is moving at 40 miles/hr. Will it be *slower, same or faster* speed after 10 minutes if **accelerator is kept pressed at the same level for 10 minutes?** (no brakes applied)

Self Programming Human Brain!

In 1960s it was discovered that when teams won a few successive matches, they would continue the **winning streak**, as if impetus from their previous wins were helping them!

Behavioural momentum is better understood now with greater insight into brain's functioning.

The science of neurology explains that whenever we do any mental or physical work, our brain fires up neurons in the sensory motor region, neocortex, and prefrontal cortex.

But, interestingly, the **human brain is such a self-programming mechanism**, that when it realizes a task is being done repeatedly, it creates neural programs to ease its work.

Proficiency in typing: your brain noted the task being repeated. Then, to make its task easier, it **stored programs in the basal ganglia**, thereby making it easier with time

Someone not familiar with computers/typing could conclude it as a miraculous yogic siddhi. But you know it is usual due to habit-forming nature of the brain!

India created history in Pune as Kohli and Co defeated South Africa to surpass Australia for the most consecutive Test series wins at home

For watching later: https://youtu.be/uCB_8YL91Ng



<https://youtu.be/f2O6mQkFiw>

Book Club Interactive Activity

Janmashtami Special
Book Club: 7 Divine Laws
Sun 29 Aug, 8 am CT (6.30 pm IST)



- 1. Share your learning & experiences on today's discussion of Behavioral momentum**
- 2. Lord Krishna has stated in the Gita* that: at the time of death, if you remember the Lord, your job is done - can we accomplish that? What do we need to get there?**

Limit: 2 min per participant



*BG 8.6: Whatever one remembers upon giving up the body at the time of death, O son of Kunti, one attains that state, being always absorbed in such contemplation.

The same principle of momentum can work in the negative direction as well. We will study that next week!

THANK YOU FOR YOUR
PARTICIPATION!

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>

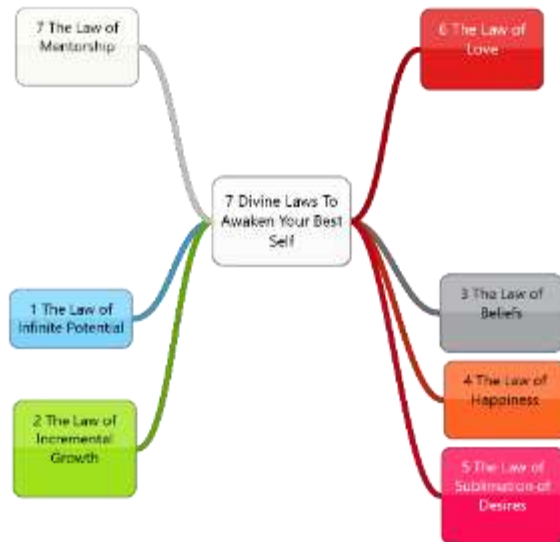
Session Schedule (Aug 2021)



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!