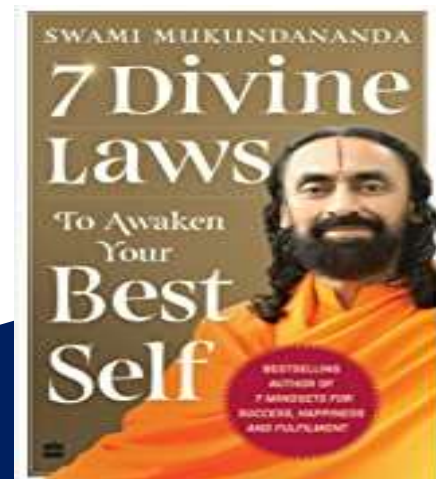


Book Club: 7 Divine Laws

Session 22



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

Agenda

- Quick Recap
- Book Reading / Video
 - Ch 2: The Law of Incremental Growth
 - **Topic:** Behavioral Momentum (part 2)
- **Visual** Summary
- **Practical** Application
- **Experience** Sharing

Let us read from the book

Recap



- Dilemma we face
 - Lower instincts pull us down
 - Soul's Destiny & Growth
 - Humility, Golden Chance
-
- **Ch. 2: Law of Incremental Growth!**
 - Lottery Mentality
 - Choices (part 1 and part 2)
 - Behavioral Momentum (part 1)

Which is the most difficult stage of changing a behaviour?

- A. Initial stage**
- B. Middle stage**
- C. Towards the end**
- D. Retaining the behaviour long term**

Answer: *The most difficult part of any behavioral modification is the initial phase. It is when our brain is breaking the neural pathways of old habits and establishing circuitry for new ones. Once the behavioral momentum builds up, we reach the auto mode and enjoy the ride, because progress in life has almost reached the automatic level.*

RECAP: Self Programming Human Brain!

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

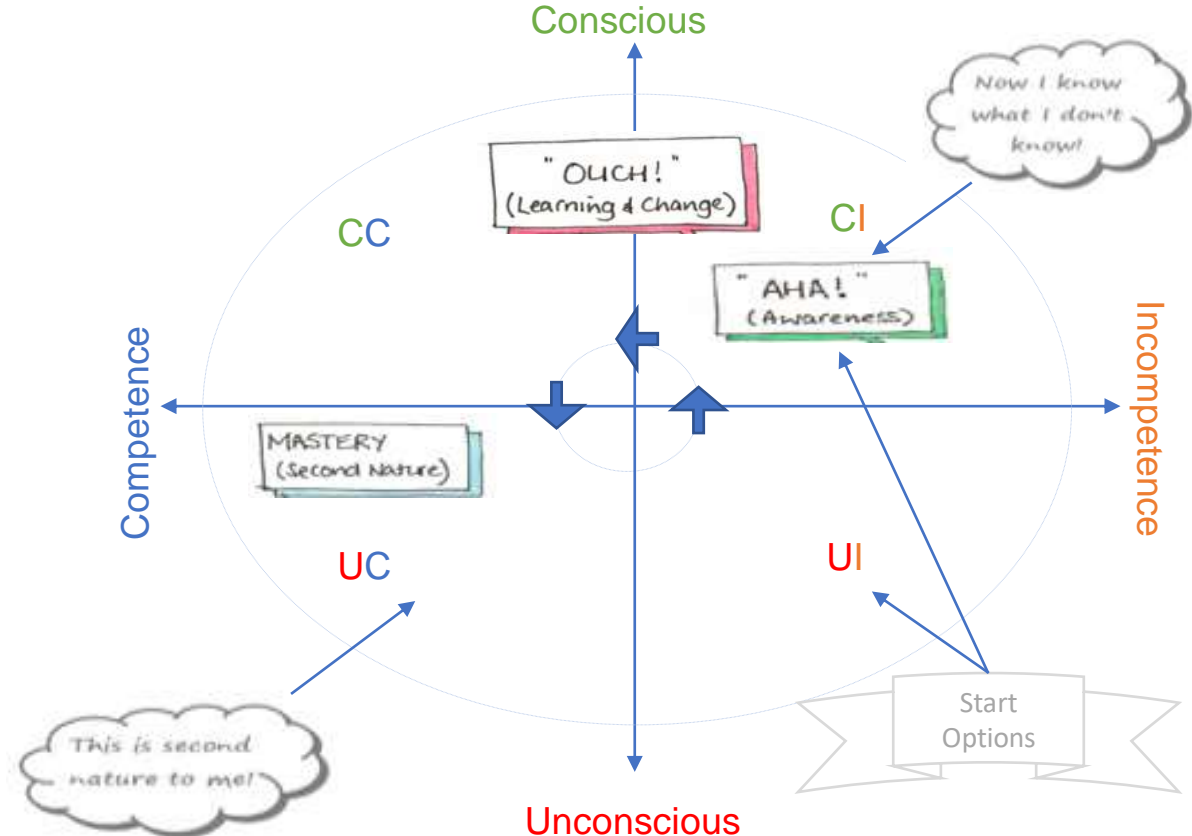
Someone not familiar with computers/typing could conclude it as a miraculous yogic siddhi. But you know it is usual due to habit-forming nature of the brain!



The competence framework!

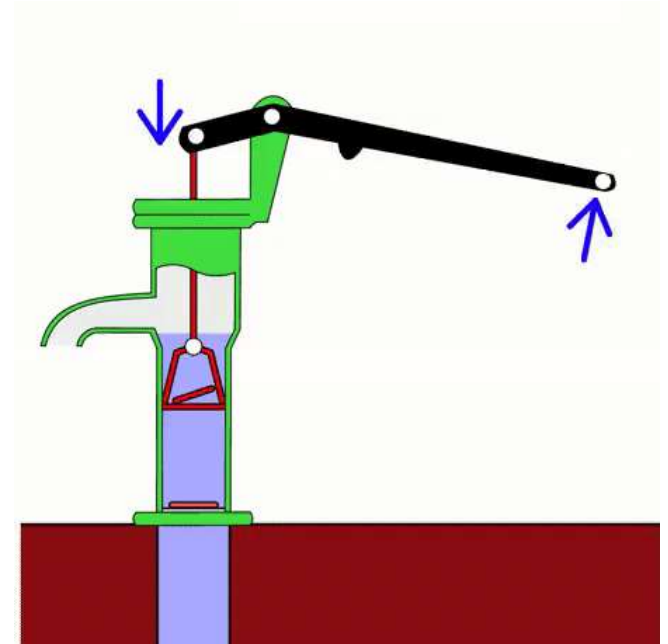
In this manner, behavioural change goes through the stages:

1. **Conscious Incompetence.** In this stage, we struggle to learn a new skill, acquire a beneficial mindset, or develop a good habit. Or alternatively, we grapple to break a harmful habit long solidified within us. But despite consciously focusing and applying our intellect to the task, we are incompetent at it.
2. **Conscious Competence.** In the second stage, we have developed a **moderate** level of proficiency. We can now fulfil the task competently, but only by focusing our complete attention on it.
3. **Unconscious Competence.** In this final stage, we discover we can perform the task **adeptly**, even without paying full attention. The **behavioural impetus is now with us.**



Creating the “Divine Vacuum”

- In India, there are handpumps in rural areas. These handpumps need to be pushed many times to let them create a vacuum for water to be pushed up from underground.
- *Similarly, our momentum has to be carried through to a stage where the “vacuum” gets created ! Applies equally to spiritual realm with “divine vacuum”*



Habit: Introduction

- Habit's three parts: 1) **stimulus**, 2) **response**, and 3) **reward**.
- The brain responds with conditioned behavior when it encounters the stimulus (comparable to a trigger)
- The pattern of behavior is reinforced and solidified by a reward. Reinforcement and solidification of the pattern for the future takes place upon reward generation from that behavior.
- E.g., *habit of drinking coffee while watching TV*

THE HABIT LOOP



Note: Next chapter will dive deeper into the power of Habits

**A story demonstrating behavioural
momentum in the spiritual direction!**

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)

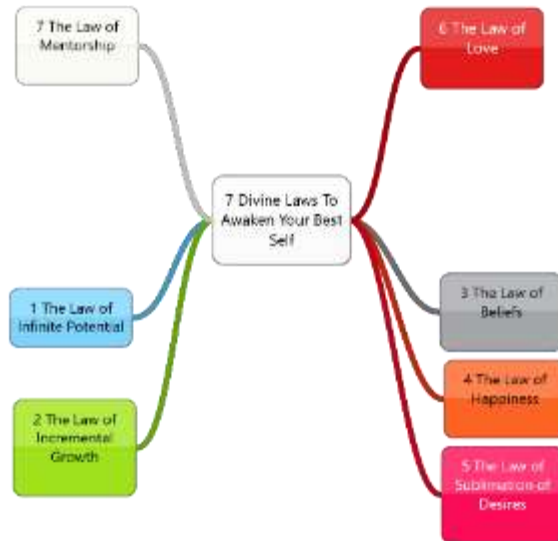
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7 Divine Laws – Mind Map

Mind
Map



Purchase a
Great
Book in
Hardcopy when
you
Love the
Message

Remember the mnemonic sentence to remember all seven divine laws!