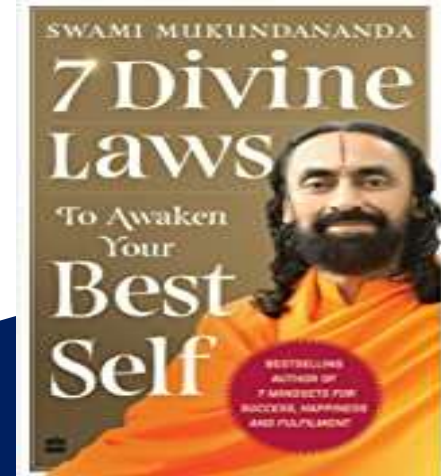


# Book Club: 7 Divine Laws

Session 23 DRAFT



**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

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- Quick Recap
- Book Reading / Video
  - REVISION
- **Visual** Summary
- **Practical** Application
- **Experience** Sharing

- 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 & 2)
    - Behavioral Momentum (part 1 & 2)

## Using Kahoot Platform

*You need TWO devices*

*1st DEVICE for this screen (with Zoom where you are logged in) where you will see questions*

*2nd DEVICE for responding to questions*

**Device 1 / Window 1 - Zoom window open**

Read the **questions & the answer** options on Zoom window

**Device 2/ Window 2 – Open in a browser : [www.Kahoot.it](https://www.kahoot.it)**

Enter PIN and you are ready to respond to answers in Kahoot window. *Questions and answer content will not be visible in this device. You should match the **option color** and **shape** to that shown on zoom screen to answer.*

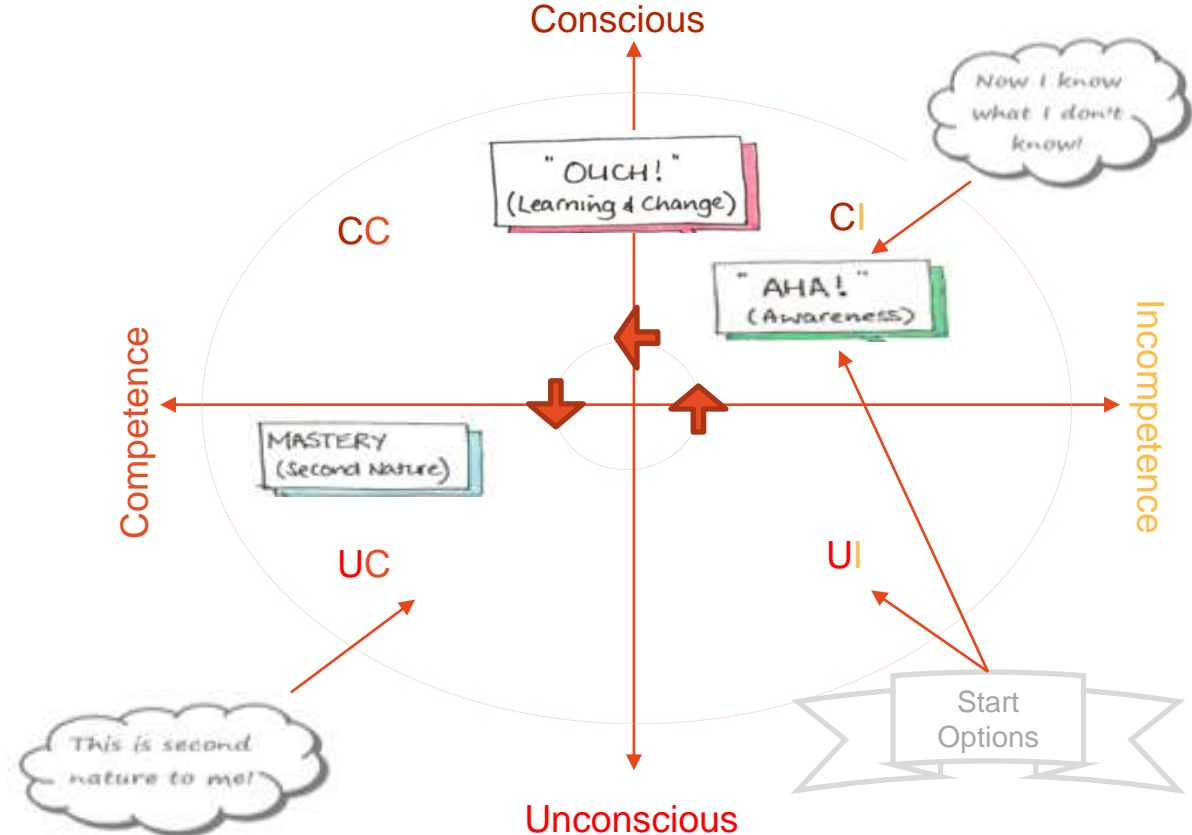
**Remember, faster you answer, more points you will get!!!**



# The competence framework!

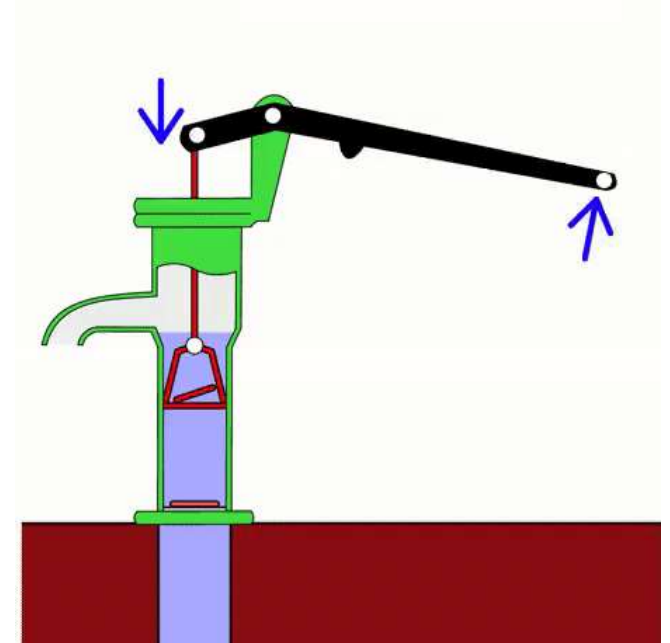
In this manner, behavioural change goes through the stages:

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”*



# What is STOPPING us then!

Akrur, the messenger of Shree Krishna to the gopis, described imperfections of the intellect (or “viparyaya” / fallacies) in the Bhagavatam (10.40.25): *anityānātma duḥkheṣu viparyaya matirhyaham*  
Akrur said: “Our intellect is **strapped** with **wrong knowledge**.”



**Anitya**  
(not eternal)

Although all the **objects** of the world are **perishable**, we think they will always remain with us, and hence, we busily **accumulate** them day and night.



**Anātma**  
(not the real self)



Though we are **eternal souls**, we think of ourselves to be the **perishable body**.

**Duḥkheṣu**  
(finding happiness in sources of misery)



The gravity of our problem is further aggravated because our intellect is **habituated** to this kind of defective thinking from innumerable previous **lifetimes**

And though the pursuit of sensual pleasures only **results in misery** in the long run, we still **chase** them in the hope that we will **find happiness**.



# How do these fallacies limit us?

These fallacies limit us in two ways.

**Firstly**, they dupe us into the fixed mindset.



But **more importantly**, they confuse us about the true meaning of success itself.



Thus, even if we do have the growth mindset, intellectual fallacies **warp** our definition of success



Therefore, **we short-change ourselves and chase meaningless goals from morning till night, like a dog chasing cars.**



The dog had a futile goal—chasing cars without any purpose. **We too must ponder whether the goals that we run after in life are in fact worthwhile or are they equally futile?**



# Victor Serebriakoff

- Victor was born in penury in a slum colony.
- When he was fifteen years old, his schoolteacher declared to him, 'Victor, you are a dunce. You will never amount to anything in life.' **Convinced** of his stupidity, Victor dropped out of school.
- For the next seventeen years, he engaged in menial works.
- As part of the army selection process, they tested his IQ. His score went beyond the scale (161), which meant he was a **genius**. **That one piece of knowledge transformed his life.**
- He became an expert in lumberjack technology and wrote books on the trade. He also **researched** the topic of Intelligence Quotient, and became an **expert, writing widely popular books on it.**

# What is our body made of? (Scriptures)



## 7 “Dhatus” / 7 Body components

- **Rasa** – essence part soon after digestion / blood plasma / lymph
- **Rakta** – blood tissue
- **Mamsa** – muscle tissue
- **Meda** – fat tissue
- **Asthi** – bone tissue
- **Majja** – bone marrow (anything within a bone)
- **Shukra** – reproductive system (male and female)

## Each Dhatu nourishes the next Dhatu

- **Food** -> Rasa (essence of food)
- **Rasa** -> Rakta (blood)
- **Rakta** -> Mamsa (muscle)
- **Mamsa** -> Meda (fat)
- **Meda** -> Asthi (bone)
- **Asthi** -> Majja (marrow)
- **Majja** -> **Shukra** (reproductive system)

How to remember: **R**aja **Ra**M **M**AM **S**harnam

- Some people **mistakenly conceive** it as the relationship between a stone and its smaller fragments!
- We, human beings, are a fragment of the “Jeev Shakthi” or Jeev “energy” of God.
- It is a “Tatastath” Shakthi
- ***“Jeev tatastha shakti par, maya kar adhikar. Vastutastu yah das hai, Swami Nandkumar. (Bhakti Shatak verse 4 )***
- The soul energy or jeev shakti is a tatastha shakti (“border”), but since eternity all the souls are under the control of maya. However, the soul's true identity is that of an eternal servant of the Lord.



### ***The Law of Incremental Growth***

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

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

# Testimonials Needed!

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- Book Club requests participants to record and send testimonials in a video format from their phone
  - Record in horizontal / landscape mode
  - Send to [ajayshare@gmail.com](mailto:ajayshare@gmail.com) or whatsapp 4697039134

THANK YOU FOR YOUR  
PARTICIPATION!



## PORTAL

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

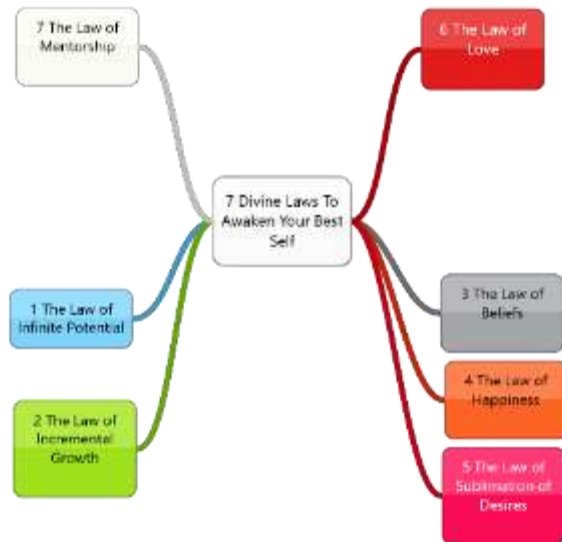
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## One time Registration Link

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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!*