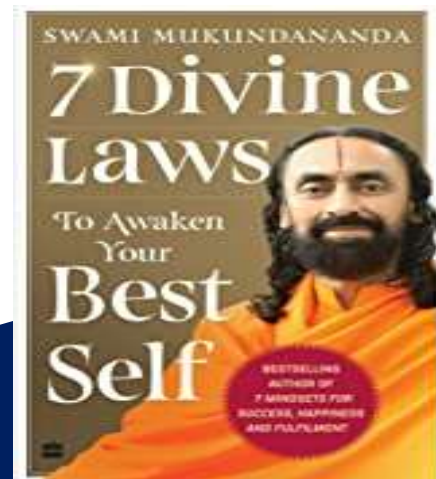


# Book Club: 7 Divine Laws

Session 24



**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: Negative Momentum Can Ruin Life**
- **Visual** Summary
- **Practical** Application
- **Experience** Sharing

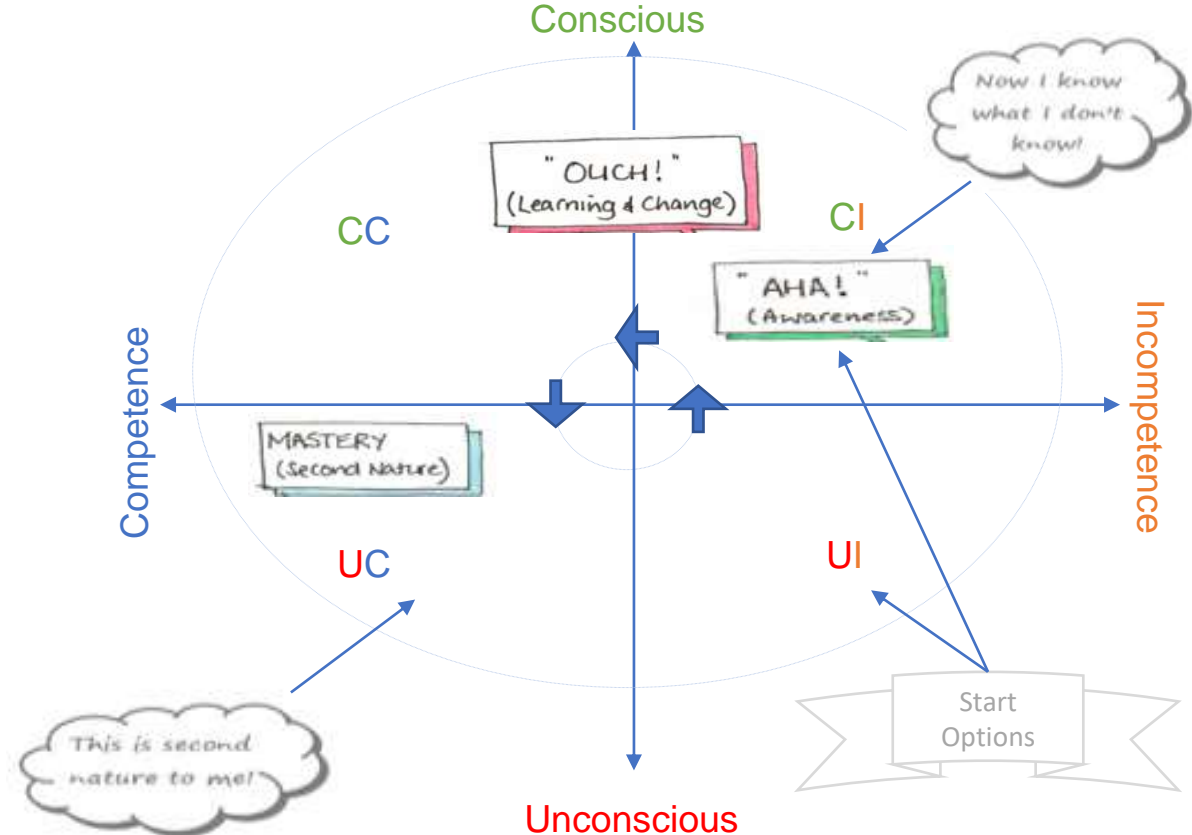
Let us read from the book

- 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)

# Recap: 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.**



In which state of the competency framework, the **behavioural momentum** is **strongest**?

- A. Unconscious Incompetence
- B. Conscious Incompetence
- C. Conscious Competence
- D. Unconscious Competence

# Negative Momentum



If we keep repeating good choices, the impetus will develop in the beneficial direction and will work to our **advantage**



If our **choices are harmful**, the momentum will build up in the wrong direction and work to our **detriment**.



# What type of choices we have?



## Thoughts

Whether we harbor kindness, compassion, gratitude or jealousy, greed? Uplifting or degrading thoughts in every situation.

## Priorities

Where we spend our precious “time” and “energy”. Pursuing material goals or spiritual? Selfish or selfless?

## Emotions

Feel grumpy? Disappointed? Depressed? Victimized? Or Trusting, Thankful and loving?

## Behaviors

Criticize others? Or encourage them. See divinity in everyone or find faults? Consider tone used (with kids, spouse, family)

# Addiction

- Most compulsive drug addicts, were at one time talented people from various walks of life.
- They will tell you that it all **started off very innocuously**.
- Friends offered a joint of cannabis -> they smoked it casually and soon, they were regularly smoking those "joints," always with the belief that they could give them up whenever they wished.
- But there was no end in sight because the body's need for the chemical kept growing.
- The pocket money received from parents would run out quickly.
- Thus, they started stealing goods from home and selling them for their next "fix." In the next step, boys took to peddling the drug, while girls took to selling their body for money.
- **Even if they tried to get off the addiction, but the behavioural momentum was against them!**

At start most are innocuous, talented people; influenced by friends

## Start



Casual turns to regular; increasing want of addicted substance

## Middle



Moving on to higher addictions and stealing, lying or peddling to get more

## Addicted!



# Bhavat Gita validates

*dhyāyato viṣhayān puṁsaḥ saṅgas teṣhūpajāyate  
saṅgāt sañjāyate kāmāḥ kāmāt krodho 'bhijāyate (2.62)*

**"While contemplating on the objects of the senses, one develops attachment to them. Attachment leads to desire, and from desire arises anger."**



# *What are the biggest addictions!*

---

**Go to the link and vote**

<https://www.menti.com/aw6p9im68u>

Link will be shared in Zoom chat window

Go to [www.menti.com](https://www.menti.com) and use the code 2878 2277

# Signs of addictive levels!

The signs of a behaviour reaching addictive levels are:

1. **Neglecting (N) work, school, or family** to engage in the behaviour.
2. Minimizing or **hiding (H) the extent** of the problem.
3. Becoming **dependent (D)** upon the behaviour to cope with emotions.
4. **Experiencing symptoms of withdrawal (W)** (like depression and irritability) when trying to stop
5. Having **trouble cutting back** despite wanting to **stop (S)**
6. Continuing the behaviour **despite physical and/or mental harm (H)**

[Tip to Remember: **No HeaD WaSH**]



# Solution?

The pity is that all behavioural addictions were like little saplings at the outset, but they grew into huge trees with repeated indulgence.

Hence, the best way to get rid of an addiction is to never start it in the first place; or having started, become aware, and desist right away. Else, the more you delay getting off it, the harder it will become.



# Ideas to Break Negative Momentum...



**Increase awareness of the separation between soul, mind and externals**



Limit: 2 min per participant



1. *What negative behaviours have you have overcome in your life and how?*
2. *What obstacles to expect in overcoming negative momentum?*

THANK YOU FOR YOUR  
PARTICIPATION!

# 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*

## PORTAL

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

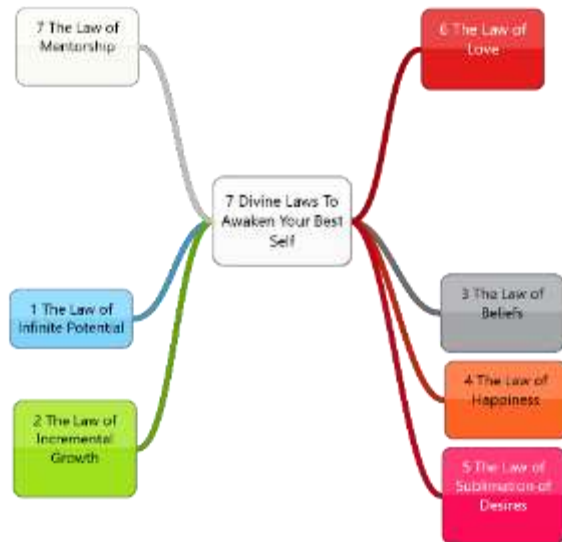
<https://www.radhakrishnatemple.net/book-club-portal>

## One time Registration Link

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

# 7 Divine Laws – Mind Map

Mind  
Map



Purchase a  
**Great**  
Book in  
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you  
Love the  
**M**essage

*Remember the mnemonic sentence to remember all seven divine laws!*