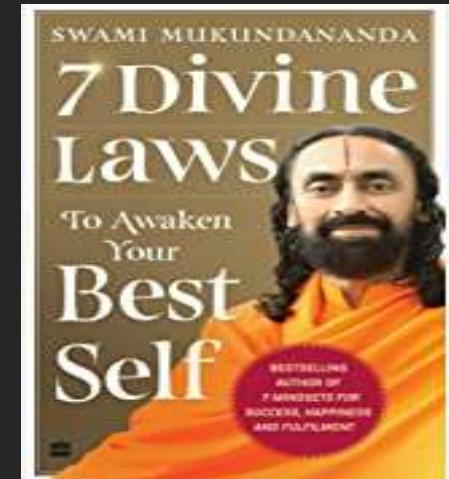


# JKYog CICE Presents Virtual Book Club



Session 3 – 7 Divine Laws to Awaken Your Best Self

Brought to you by JKYog - Center for Indian Culture & Education (CICE)

## PRAYER

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 canura mardanam |  
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

# Discussion recap from last week

- Just like heat and light are innate to a fire, the yearning to grow is **innate to our soul's nature**.
- We, human beings, are a fragment of the “Jeev Shakti” or Jeev “energy” of God. God is infinite in extent and makes others infinite too. Hence, as parts of the Supreme, we too seek to be more perfect (God-like). **Destined for such perfection, we keep prodding for progress**
- **Nature's** symmetric **cycles** evolve souls through the material process of **creation (sristhi)**, **maintenance (sthithi)** and **dissolution (pralaya)** with **purification as the goal**

# Guided Reading Time!

Let us revise the key  
topics covered today!

# Dilemma we face!

We all strive for perfection!



We keep striving but don't achieve success

*Have no fear  
of perfection -  
you'll never  
reach it.*

Salvador Dali

*Looking for  
perfection is the  
**only way to  
motivate yourself.***

Ronnie O'Sullivan

NOTHING

SOMETHING

PERFECTION

Measurable Distance

Infinite Distance



*In fact, many philosophers also recommend people to settle for “progress” and not even try for perfection as it may demotivate when not achieved! **Swami ji says we are wired to keep striving for perfection. Let us look at why we don't get there!***

# Dilemma we face! – corporate view of perfection!



# Our lower instincts pull us down! (“Material Gravity”!)

Waking up early?



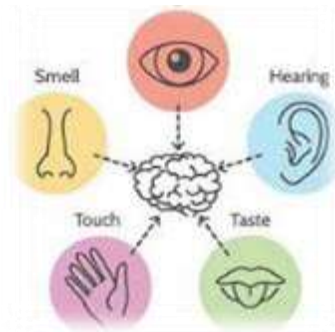
Anger control?

“SPEAK WHEN  
YOU ARE **ANGRY**  
AND YOU WILL  
MAKE THE BEST  
SPEECH YOU  
WILL EVER  
**REGRET.**”  
AMBROSE BIERCE

Food (portion control)?



Behind the curtains!







Is Ignorance bliss?

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# Fruits of Knowledge



# Man Proposes, God Disposes!

## Human Laws



Repealable

OR

?

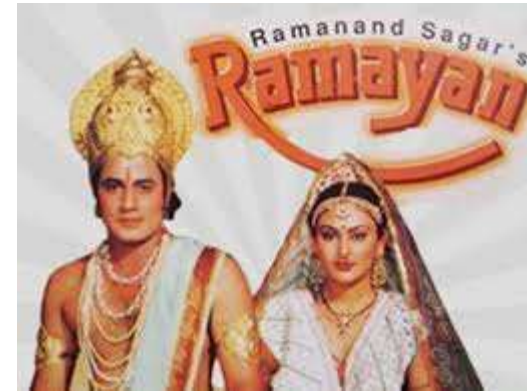
*Eternal*

Natural Law	Man's law
Based Upon Principles & Truth (Inherent To Creation)	Based Upon Dogmatic Beliefs (Constructs Of Mind)
Harmonized with, due to Knowledge & Understanding	Complied with, due to Fear of Punishment
Universal; exists and applies anywhere in the Universe regardless of location	Differs with location based upon the whim of legislators (Moral Relativism)
Eternal and Immutable; exists and applies for as long as the Universe exists, and cannot be changed	Changes with time based upon the whim of legislators (Moral Relativism)



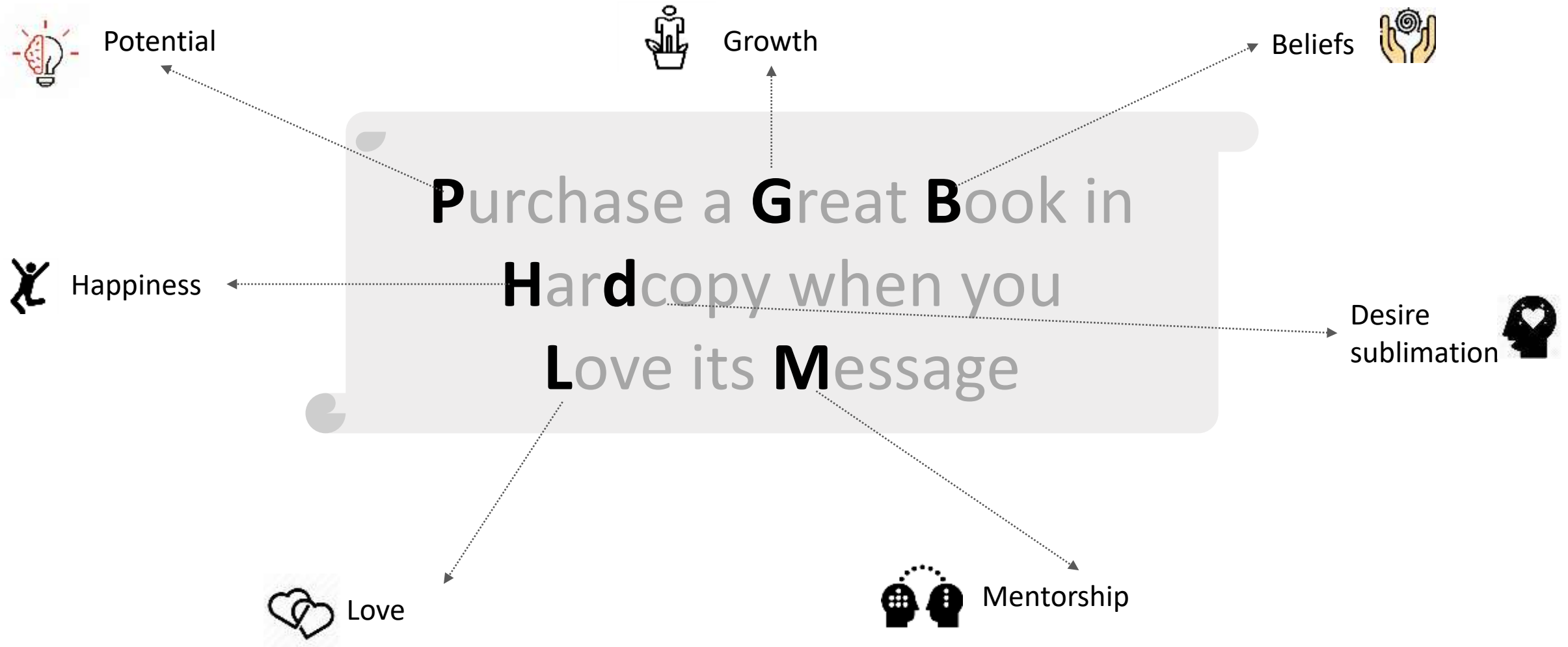
# Scriptures Remind Us for these Laws!

- The **Adhyātma Rāmāyan** explains:  
**ajñānamevāśya hi mūlakāraṇam (Uttar Kand 5.9)**
- **Bhagavat Gita reminds us:** Power of Knowledge is such that it can completely transform our life!



*Our personal experience (material and spiritual) also tells us !*

# The Divine Laws



# Video Time!

LEARN How Right Knowledge can Transform your Life | Swami Mukundananda

<https://youtu.be/U8ihxdTZac8>

## Interactive Activity



A **cat** can be blissfully **calm even in front of a ferocious dog** if the dog is **leashed** and cat **knows** it!

*If this trivial piece of knowledge could make such a difference to a cat,*

- ***How can the divine laws benefit our lives?***
- ***Share an experience where a piece of spiritual knowledge impacted someone***

# Next session preview: The Law of Infinite Potential

- *Next week we are going to start with the first law “The Law of Infinite Potential”. We will bring together lots of spiritual concepts and insights answering some of the key questions like:*
  - *What is true potential? How is it infinite?*
  - *What mistake do we make in realizing our true potential?*

*Also, next week will have a fun Kahoot Quiz to revise the learning from previous sessions so far!*

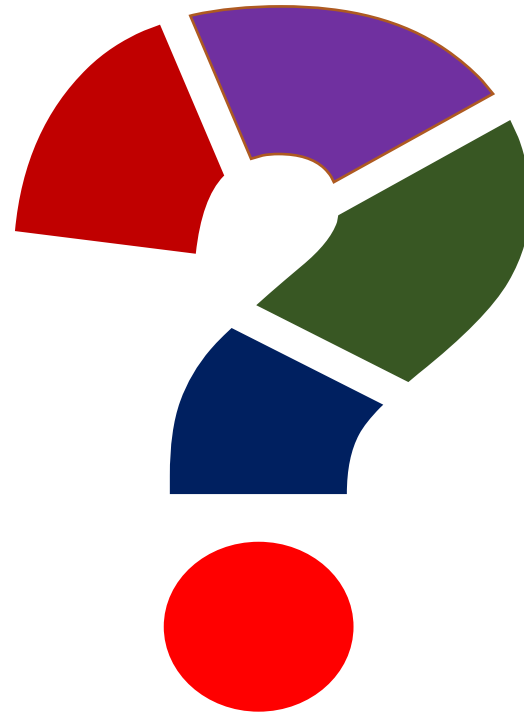


## Schedule of Sessions [March 2021]

Session	Book Club	USA Time	India Time
2	Science of Mind Management	10 pm CST on Friday 12 March	9.30 am IST on Saturday 13 March
2	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 14 March*	<b>6.30 pm IST on Sunday 14 March*</b>
3	Science of Mind Management	10 pm CST on Friday 19 March	<b>8.30 am IST on Saturday 20 March</b>
3	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 21 March	<b>6.30 pm IST on Sunday 21 March</b>
4	Science of Mind Management	10 pm CST on Friday 26 March	<b>8.30 am IST on Saturday 27 March</b>
4	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 28 March	<b>6.30 pm IST on Sunday 28 March</b>

**\* Day Light Saving Note for India Participants:** Sunday, 14<sup>th</sup> March onwards, the India session timings will shift by an hour. The Science of Mind Mgmt. session will be held on 8.30 am on Saturdays (India Time), and 7 Divine Laws session will be on 6.30 pm on Sundays (India Time)

# Question & Answers



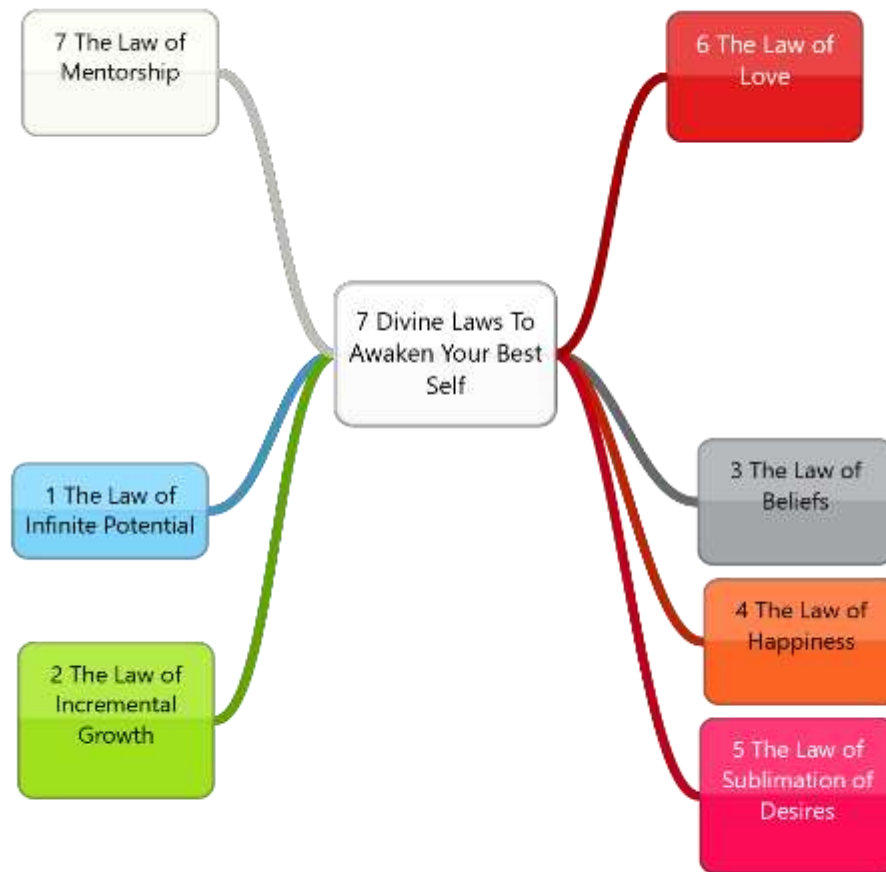
**Radhey Radhey!**

**Heartfelt Thanks and  
Gratitude !!!**

**for your participation and the  
opportunity to serve you!**



# Mind Map



**Purchase a Great Book in Hardcover when you Love the Message**

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