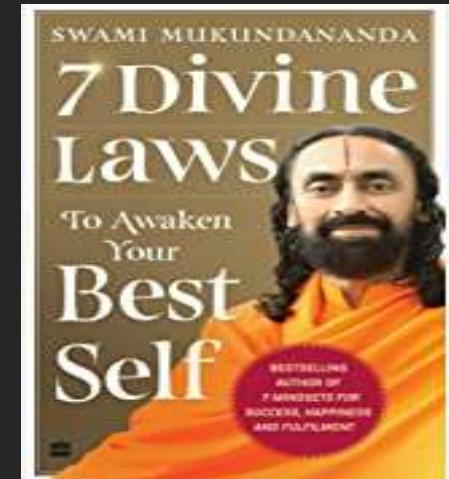


# JKYog CICE Presents Virtual Book Club



**Session 6 – 7 Divine Laws to Awaken Your Best Self**

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

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

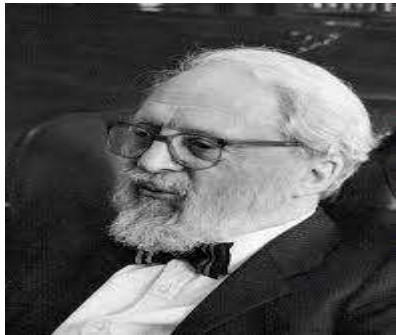
Meaning: I offer my obeisance's to Lord Krishna, the beloved son of Vasudeva, who killed the great demons Kamsa and Canura, who is the source of great joy to Mother Devaki; and who is indeed a world teacher and spiritual master of the universe

# Agenda

- Chapter One: The Law of Infinite Potential
  - **Topic: The Mistake We Make, 7 Divine Laws –**
  - **Kindle P.g. 11, 12 ; Actual Book P.g. 2-4**
    - Recap of the journey so far!
    - Book Reading
    - Visual summary of concepts learned today
    - Practical application
    - Experience sharing

# Recap: Making of a Genius

Born Genius



Made Genius



Are Genius but don't  
know it



*Albert Einstein: "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."*

## Book Reading Time!

### Chapter One: The Law of Infinite Potential

**Topic: The Mistake We Make**

**Book: 7 Divine Laws**

**Kindle P.g. 11, 12**

**Actual Book P.g. 2-4**





## What mistake we made and why?

- **Our biggest mistake** is to think of the material body as the self.
- **Like Victor Serebriakoff**, we too are held back by our “false beliefs”



I'm not a body with a soul, I'm a soul  
that has a visible part called the  
body

— Paulo Coelho —

AZ QUOTES



## False Beliefs???

Do we have false beliefs?

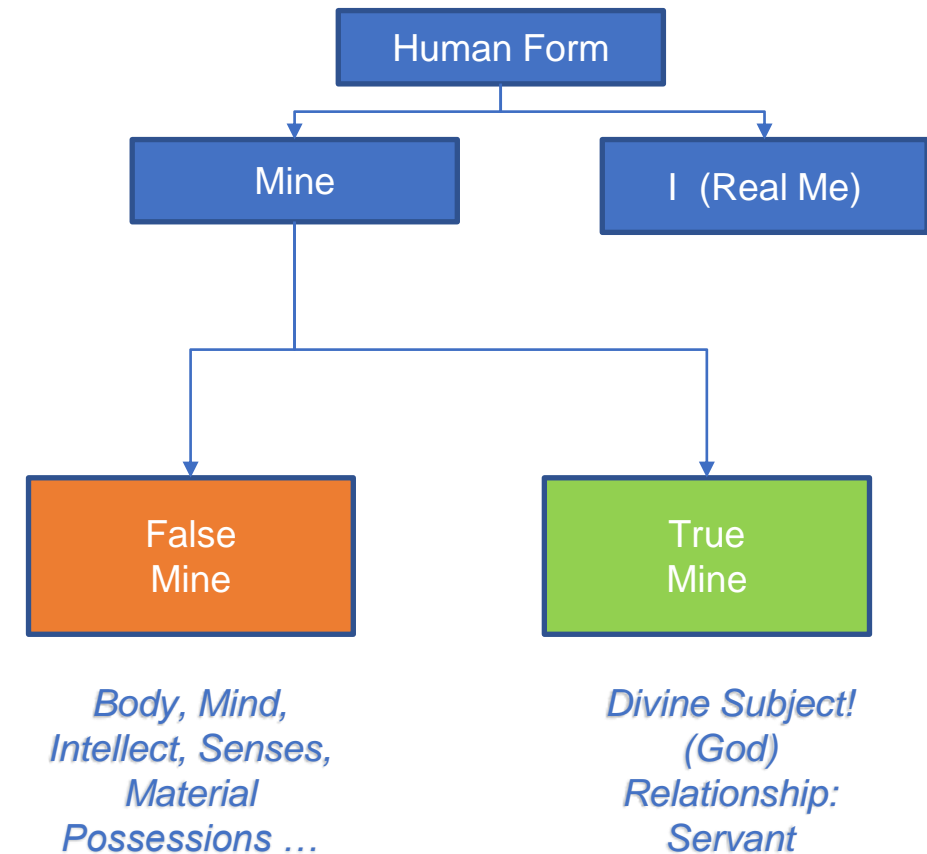
- **Me vs. Mine:** When we say – “My mind”, “My intellect”: who is me?
- **Think about true vs. false mine!**



This is “my” house.  
“I” am not the house.



In the same way, this is “my” body.  
“I” am not the body.

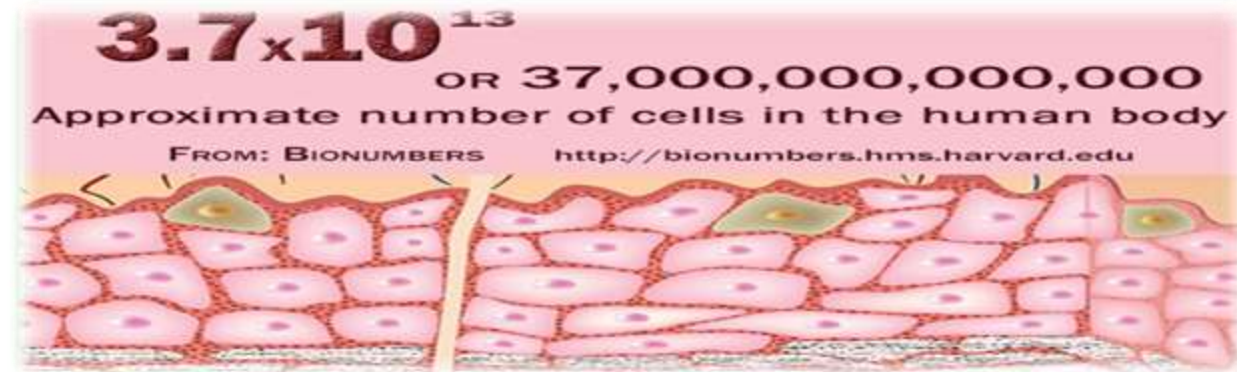


# What is our body made of? (Science)

- Trillions of cells! Each cell is a POWERHOUSE of energy!
- A bag of flesh, bones?
- **Chemist** says it is a bag of chemicals
- **Biologist** says muscles, tissues, molecules
- **Physicist** says collection of atoms
- **Quantum scientist** says energy

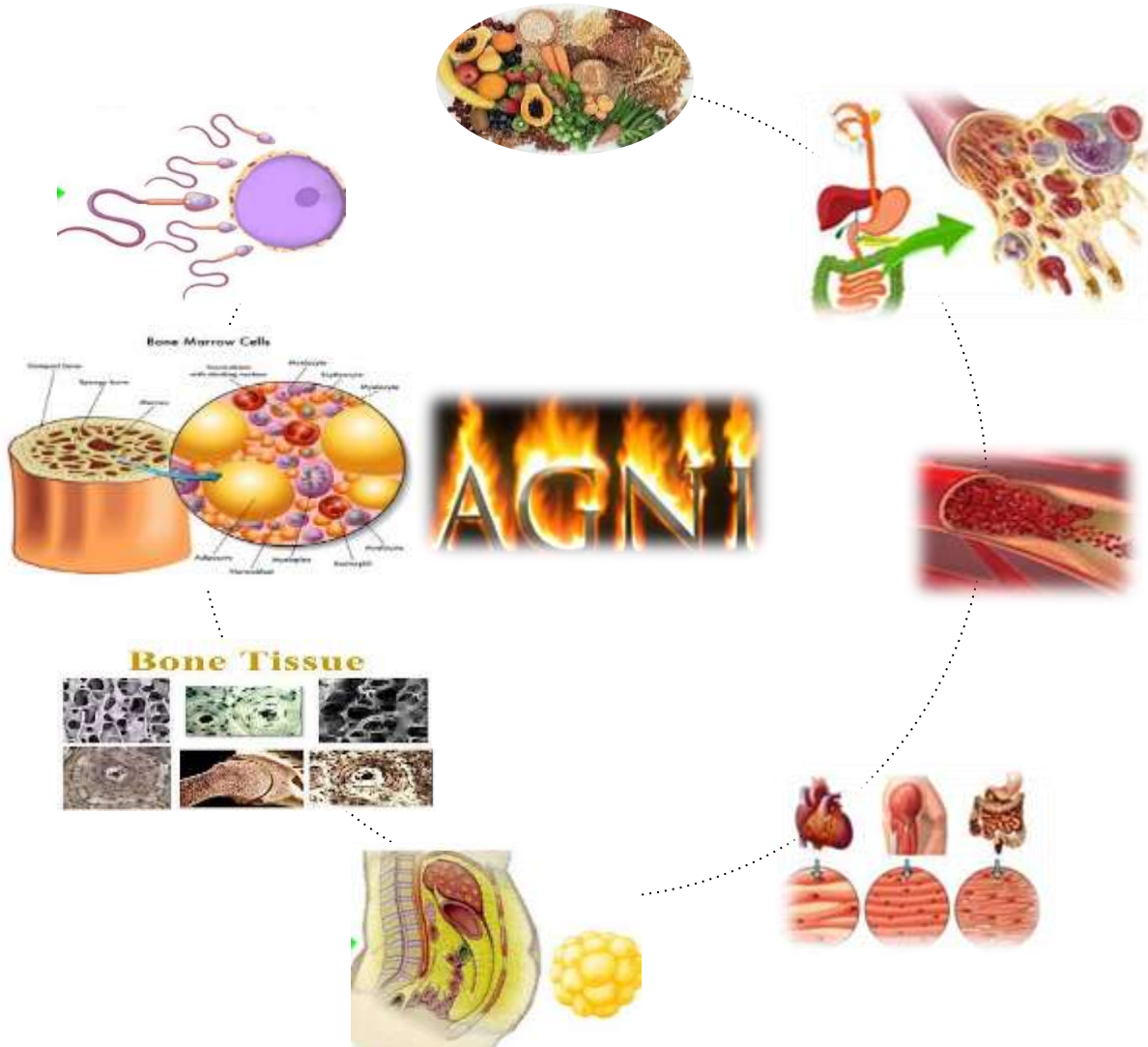
Then where does consciousness come from???

**Worth Pondering:** Science says this combination of atoms, chemicals produces consciousness! However, science has not been able to “reverse” this chemical reaction of dying





# 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)

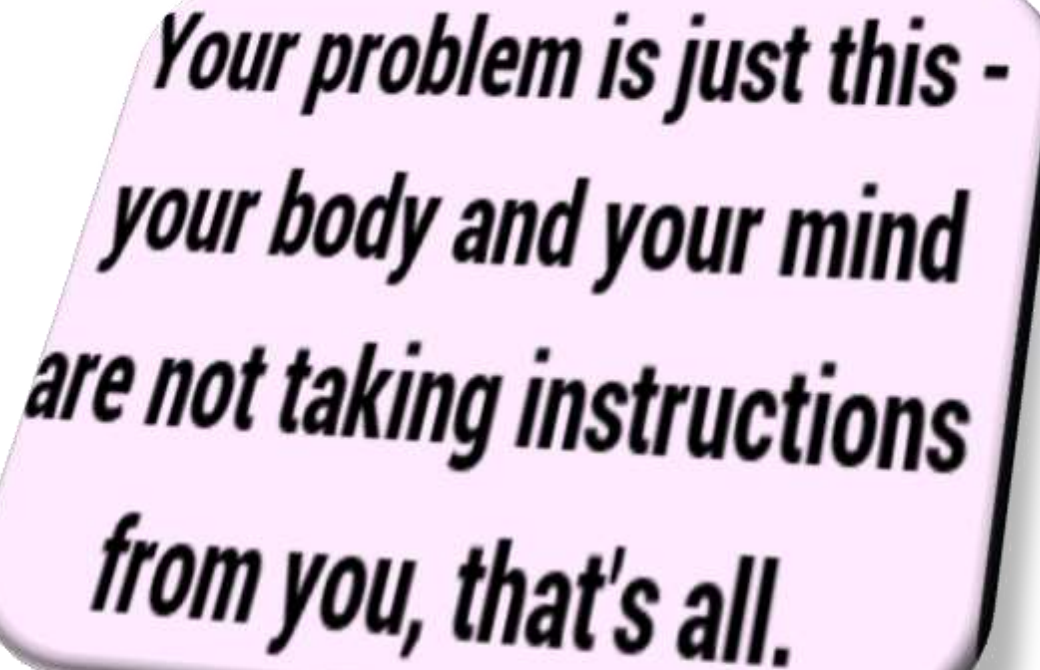
## Each Dhatu nourishes the next Dhatu

- **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 **Ma**M **S**harnam*

# The root cause: Identification with the body?

- This body is merely a bag of flesh and bones.
- *Identification with the body cripples the belief in our potential!*
- Instead, if we could realize our nature as divine souls, **our consciousness would become unfettered from matter.**
- We **would then come in touch with infinite possibilities for personal growth.**



***Your problem is just this -  
your body and your mind  
are not taking instructions  
from you, that's all.***

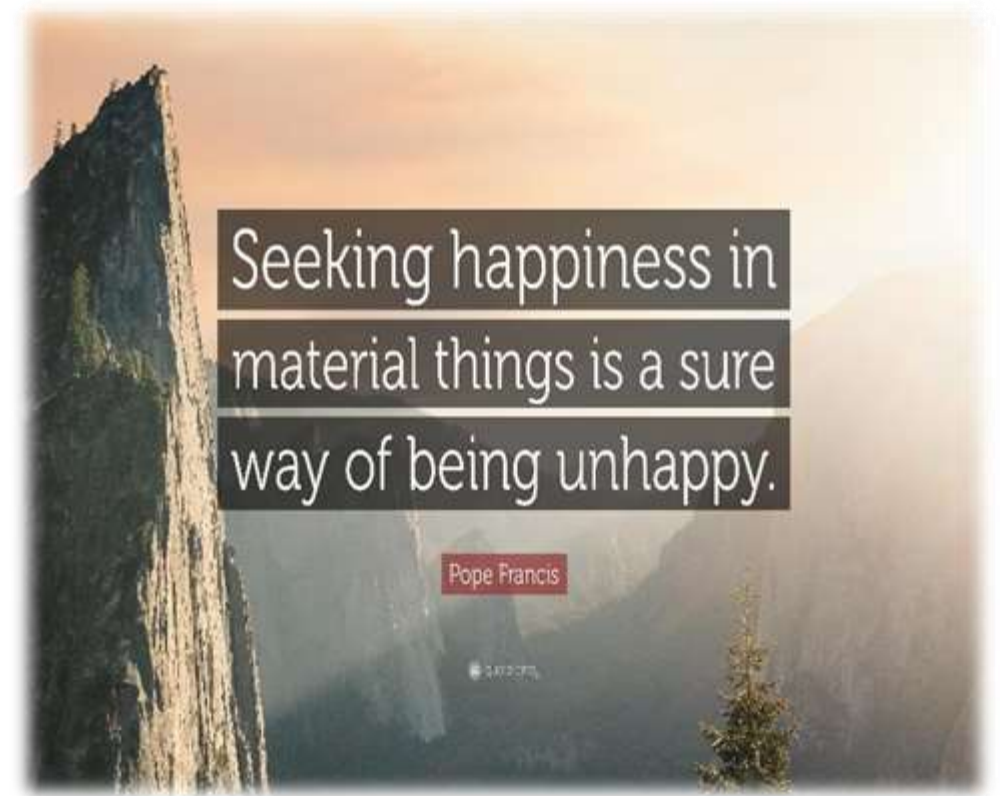
# The first step!

- Ramana Maharshi's message was clear—we must **first** seek to understand ourselves.
- **Why is this considered the “first” step?**
- So much that all our vedic scriptures – start with the knowledge of the real self
- Without knowledge of our superior spiritual nature, we will remain tied to the trivial and mundane.
- **Compounding Mistake** happens!



# Why we make this mistake?

- We are **ONLY** Searching for lasting happiness (Anand)
- Two types
  - **Body's happiness** - comes from the world made of Maya
  - **Soul's happiness** - comes from God
- **Two Types of SEVA:** We all have to do seva – EITHER for the world – relatives, kids, OR for God
- **Point to ponder:** At someone's Death, why people quickly dispose off the body?





# Patanjali Yog Sutras provide a BIG hint!



- **Mind not clear of impurities**
  - **VRITTIs** – waves, - anger, greed, desires, hate, ego
- Self is Not visible; Illusion gets created;
- **Example:**
- **Movie** – people cry; Ishwar Chandra Vidyasagar's slipper on actor
- **Mountain Lake** is clear
- **Finally**, when the mind is purified, we can see the body, mind, intellect and soul

# Interactive Activity – Express yourself!

You are a chicken and chickens do not soar."



1. *Why* do we make this **mistake of identifying with the body**?



2. Share any **tools and techniques** to deepen the realization of being a soul vs. the body or mind



3. Share any valuable **takeaways from the Book club sessions**



4. Any questions about spiritual path are welcome too!

# Next session preview

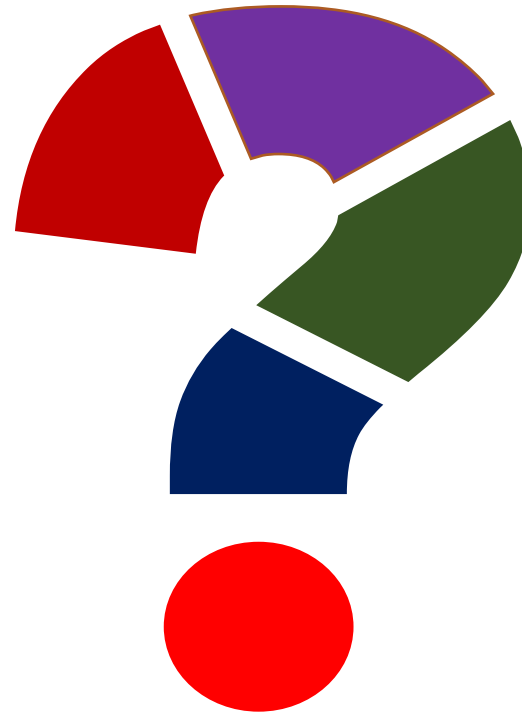
- *Next week we are going to delve deeper into the first law “The Law of Infinite Potential” by understanding the “**Glorious Destiny of Our Soul**”*
- *We will bring together lots of spiritual concepts and insights to practically apply the lessons in our lives!*

## Schedule of Sessions [April 2021]

Session	Book Club	USA Time	India Time
1	Science of Mind Management	10 pm CST on Friday 2 April	8.30 am IST on Saturday 3 April
1	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 4 April	<b>6.30 pm IST on Sunday 4 April</b>
2	Science of Mind Management	10 pm CST on Friday 9 April	<b>8.30 am IST on Saturday 10 April</b>
2	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 11 April	<b>6.30 pm IST on Sunday 11 April</b>
3	Science of Mind Management	10 pm CST on Friday 16 April	<b>8.30 am IST on Saturday 17 April</b>
3	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 18 April	<b>6.30 pm IST on Sunday 18 April</b>
4	Science of Mind Management	10 pm CST on Friday 23 April	<b>8.30 am IST on Saturday 24 April</b>
4	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 25 April	<b>6.30 pm IST on Sunday 25 April</b>
5	Science of Mind Management	10 pm CST on Friday 30 April	<b>8.30 am IST on Saturday 1 May</b>



# Question & Answers



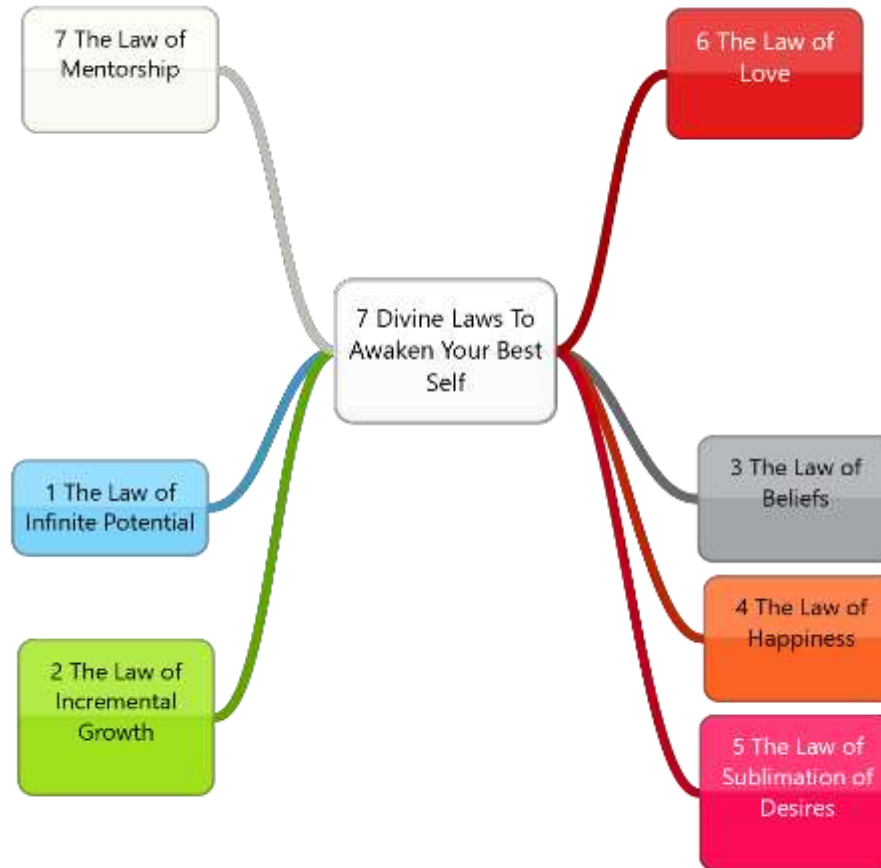
**Radhey Radhey!**

**Heartfelt Thanks and  
Gratitude !!!**

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



# Mind Map



Purchase a  
**G**reat  
**B**ook in  
**H**ardcopy  
when you  
**L**ove the  
**M**essage

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