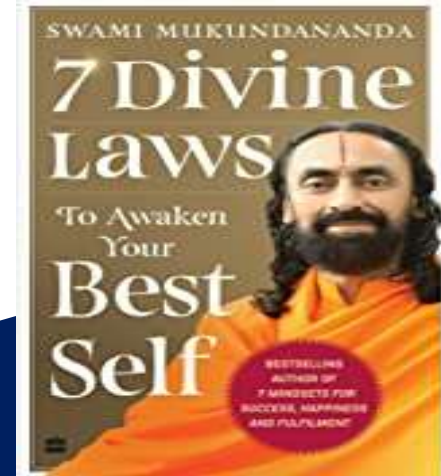


Book Club: 7 Divine Laws

April 25, 2021
Session 8



JKYOG Center For Indian Culture & Education

गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः
गुरु साक्षात् परब्रह्मा तस्मै श्रीगुरवे नमः

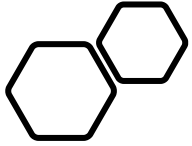
GururBrahma GururVishnu GururDevo Maheshwaraha
Guru Saakshaat ParaBrahma Tasmai Sri Gurave Namaha

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



Let us play & learn!
Time for **Kahoot Quiz!!!**

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!!!





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.**

Reflection: Types of Genius?

Born Genius



Made Genius



Are Genius but don't know it

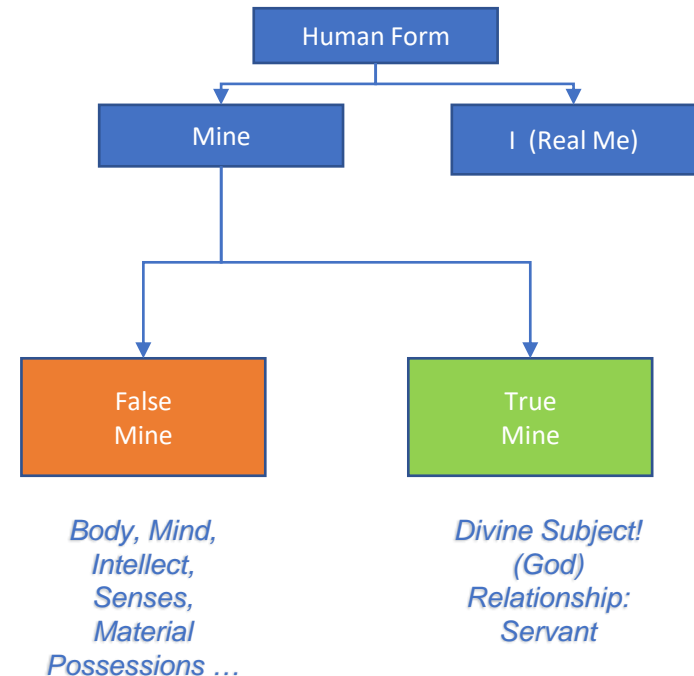


Albert Einstein: "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

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!**



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)

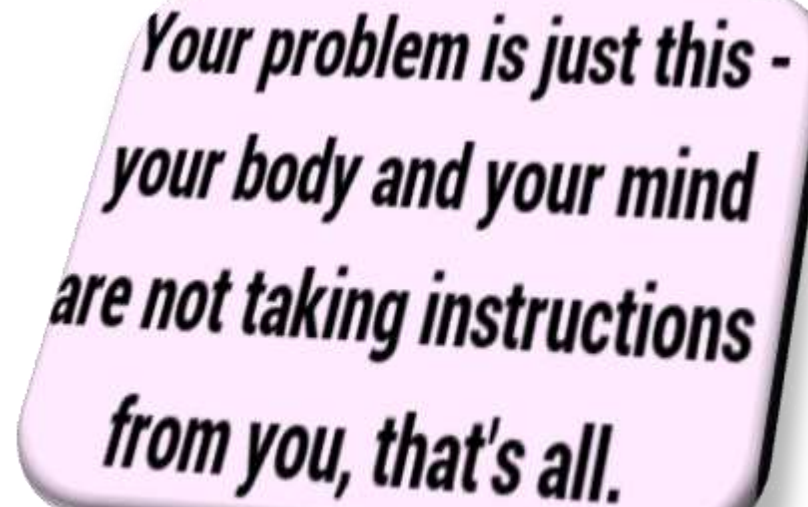
Each Dhatu nourishes the next Dhatu

- **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 **M**AM **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!



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

What Type of “Fragment” are we?

- Is the relationship like that of a stone and its fragments?
- We, human beings, **are a fragment of the “Jeev Shakti”** of God. Further, Jeev Shakti is a “Tatastha” Shakti (bordering):
- “**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.



Destiny of Soul: Two Sides of Coin

1



- As fragments of the Supreme Divine Personality, we have **immense potential** inherent in our soul.

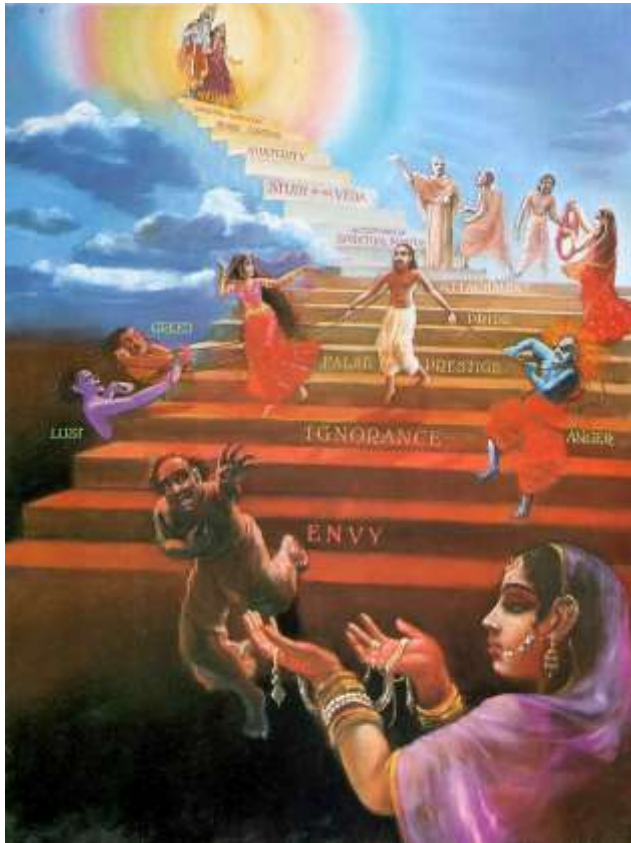
- Brahman means infinite. **Vrihatvat** Brahman. God is infinite in extent. So vast is this creation of His, and all of it, He is holding within himself!

2



- God Himself **wishes to share** His magnificence with us.
- Like a **loving father** ready to give his all to a child
 - But this word Brahman has another meaning to it. **Vrinhanatvat** Brahman. *God is He, who makes others infinite*
- God has designed this "University of Hard Knocks" around us (The world of Maya)
 - *brahma vrihatvāt asa baṛā, jāko ādi na anta baṛā bṛinhanatvāt asa, aurana kare ananta*

Soul's journey: Staircase to perfection!



BG 16.1-3 These are the saintly virtues of those endowed with a divine nature —**fearlessness**, **purity** of mind, **steadfastness** in spiritual knowledge, **charity**, **control over senses**, performance of **sacrifice**, sacred book **study**, **austerity**, and **straightforwardness**; **non-violence**, **truthfulness**, **anger absence**, **renunciation**, **peacefulness**, **restraint from fault-finding**, **compassion** toward all living beings, absence of covetousness, **gentleness**, **modesty**, and **lack of fickleness**; vigor, **forgiveness**, fortitude, **cleanliness**, **no enmity** toward anyone, and **absence of vanity**

The **Holy Bible** as well says - 'Be perfect, therefore, as your heavenly Father is perfect.' (Matthew 5:48)

BG 16.4 O Parth, the qualities of those who possess a demoniac nature are **hypocrisy**, **arrogance**, **conceit**, **anger**, **harshness**, and **ignorance**.

Later it is also mentioned Lust, Greed and Anger as Three Gates of Hell!

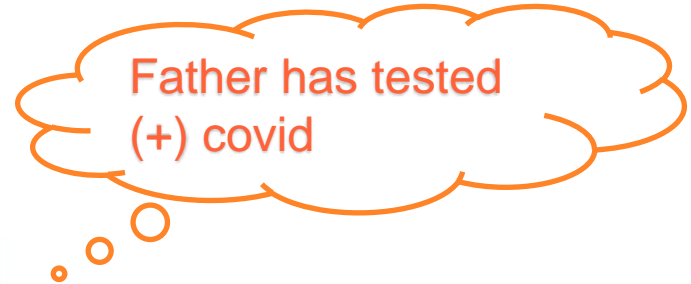
WhatsApp Group for Book Club

Please join and encourage your friends and family to join this journey with us too !

Join the group via this link:

<https://chat.whatsapp.com/F1IzNp8Ex9pBIFidQAiPEA>

Interactive Activity



A new mother with a three months old ...

How would you apply the Mind Management tools that we have learned so far...??

Video Time!



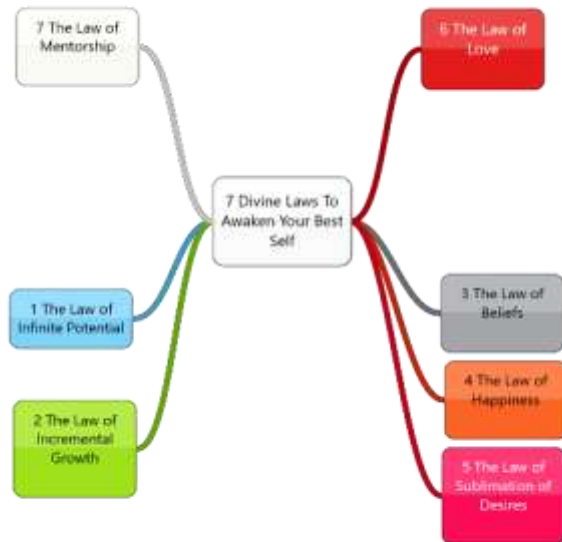
<https://youtu.be/SukBmEqYOIA?t=61>

Equipped with the knowledge of this law, we can cultivate the **growth mindset.**

What is that? We will learn and study that in the next Book Club session!

THANK YOU FOR YOUR
PARTICIPATION!

Mind Map



Purchase a
Great
Book in
Hardcopy when
you
Love the
Message

Remember the mnemonic sentence to remember all seven divine laws!