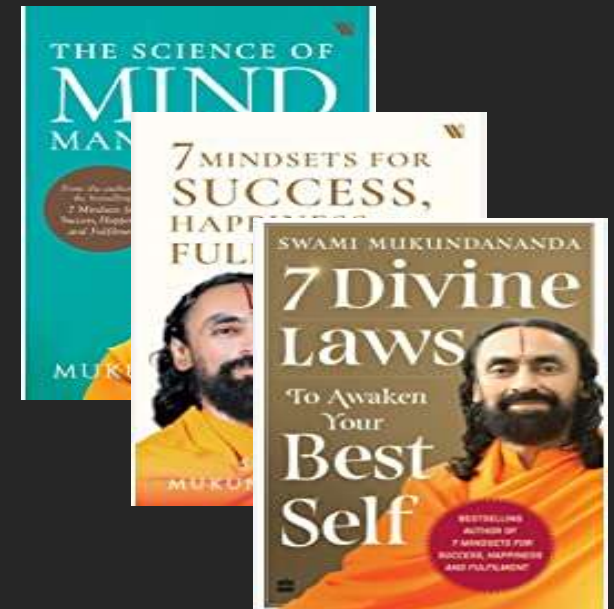


# JKYog CICE Presents Virtual Book Club



Orientation Session – 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

# What is the “Book Club”?

- A “**family**” and a “**friendly place**” to read, discuss and implement spiritual lessons
- An **online** spiritual circle that meets **weekly** but stays connected and helps each other



# What will the Book Club do?



**Guided Reading**



**Practical tools  
and techniques**



**Introspective  
activities**



**Spiritual Stories**



**Topic related  
Meditations**



**Fortnightly Quiz**



**Quote of the  
day**



**Session  
summary**



**Email Digest**

# Why are we studying this book? (Significance or *Mahatmaya*)

- सर्वोपनिषदो गावो , दोग्धा गोपाल नन्दनः। पार्थो वत्सः सुधीर्भोक्ता , दुग्धं गीतामृतं महत् ।।

(If) All Upanishads are (likened to) cows. The milker is the son of the cowherd, Krishna; Arjuna, son of Prutha, is the calf; the men of purified intellect are the drinkers, and the milk is the supreme nectar of Gita.

- **Similarly**, respected Swami Mukundananda ji has distilled deep knowledge from across many scriptures in powerful yet simple ways in these books.
- Our humble attempt is to study these texts together and strive to apply this knowledge in our lives.
- This will help us understand and get closer to the goal of human life and live positive, fulfilling lives!

# Decoding the subject

## Why Seven?

- The design of the universe indicates everything is “infinite” in nature
- However, human mind has limited capability.
- Countless psychological experiments have shown that, on average, the longest sequence a normal person can recall on the fly contains about seven items

## Why Divine Only?

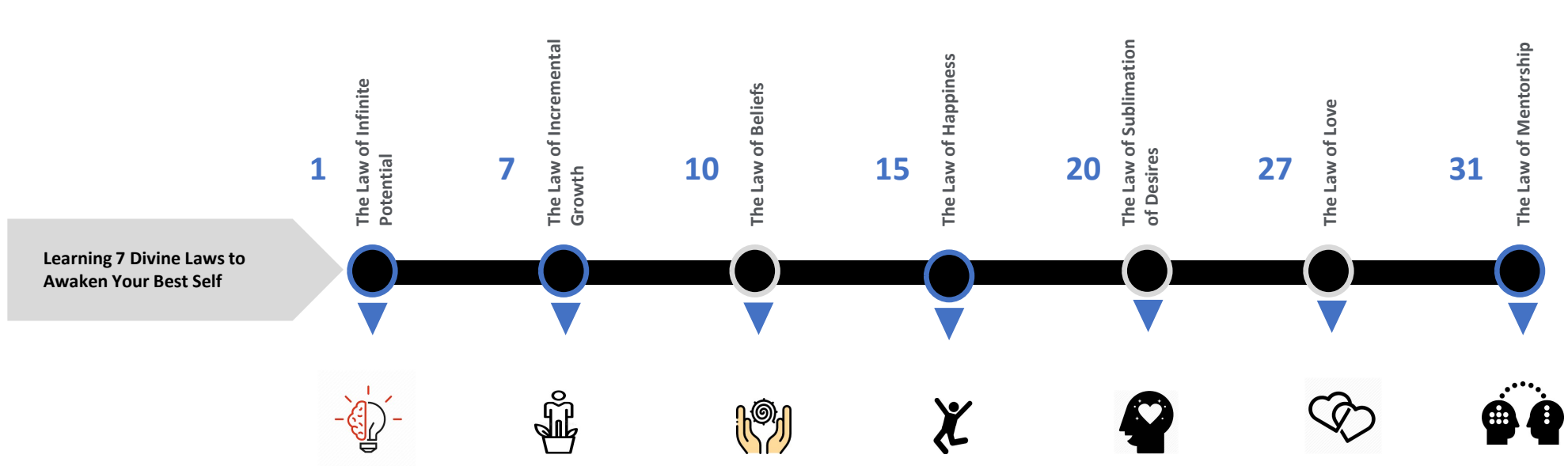
- Focusing on divine subject provides the greatest upliftment.
- Material contemplation does not purify the mind
- To elevate our life from material domain, understanding these laws brings the biggest gain

## Why Laws

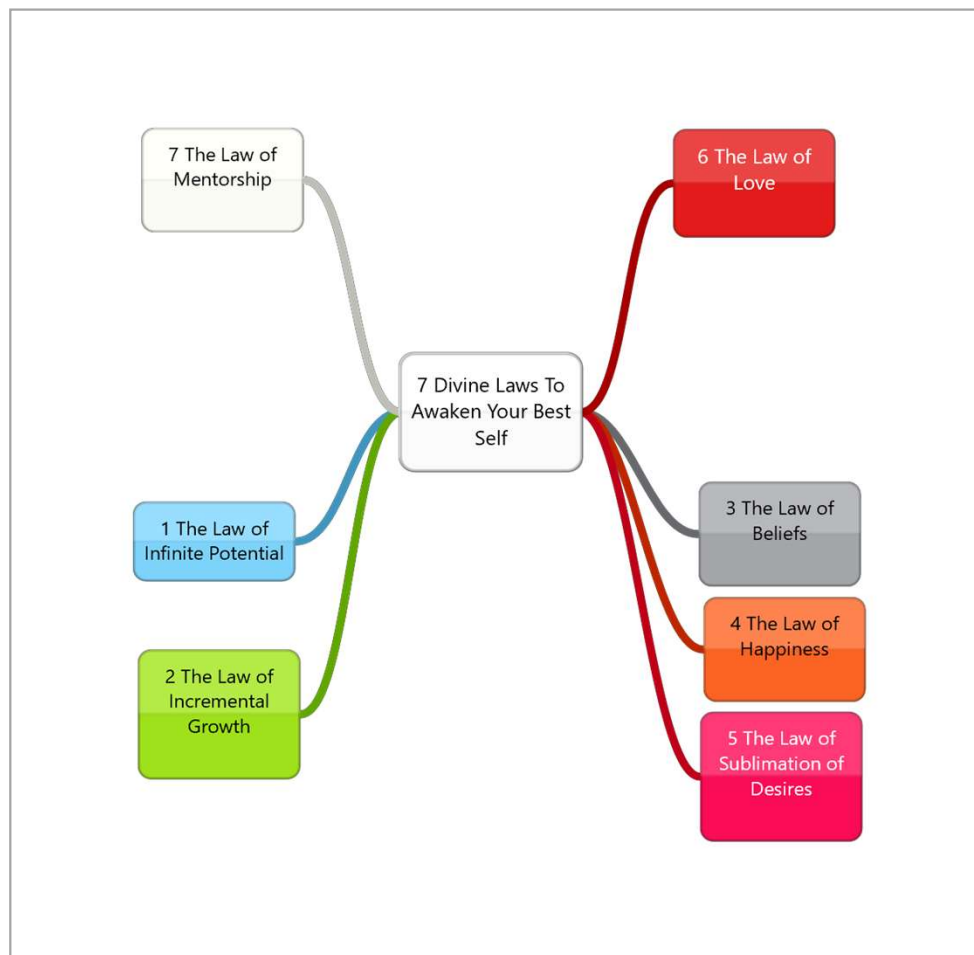
- Can you imagine driving on a road without knowing the rules of the road?
- Laws are the foundation to orderly, disciplined and efficient performance in any domain
- The beauty is that like the physical laws of nature, the divine principles governing success and fulfilment in life are also valid forever.

***Like the laws regulating physical phenomena, there are also spiritual principles governing the journey of life. Knowledge of these laws helps us understand why success comes so easily to some but remains a struggle for others.***

# Our Goal and Path!



# Mind Map



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

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# Guided Reading Time!

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Let us revise the key topics covered today!

## Yearning for Growth

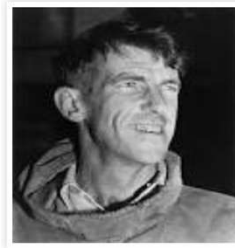
- Just like heat and light are innate to a fire, the yearning to grow is **innate to our soul's nature**
- From a child to an adult – all of us have a constant yearning to become better
- **No parent is perfect**, all of us are trying to improve in parenting
- Misconception to think that there is a **husband - wife** pair which is “perfect” – **all** are work in progress
- Boss to employee & teacher to student relationships are evolving too
- Even within friends, **we secretly “copy” things we like from others** – how they say words, how someone sits, stands, speaks! Constantly learning!



## Yearning for Growth – Goals and Direction?

- The story of Edmund Hillary is very inspiring. We all know that in 1953 he scaled Mount Everest, the first human being to do so along with Sherpa Tenzing.
- However, most people don't know that he made an attempt in 1952 as well and failed.
- When the British Mountaineering Association came to know of his attempt, they arranged a program in his honor.
- He was invited to the stage to speak to them. On the podium was a picture of Mount Everest. Before going to the mike, Edmund Hillary went in front of Mount Everest's picture and waved his fist at it and said the words on the picture .

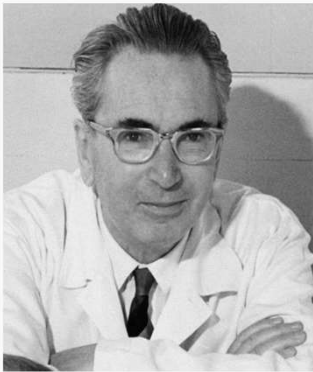
“ You defeated me But you won't defeat me again Because you have grown all you can grow.... but I am still growing (about Mount Everest)



**Sir Edmund Hillary**

## Yearning for Growth – Goals and Direction?

Viktor Frankl



Viktor Emil Frankl was an Austrian neurologist, psychiatrist, philosopher, author, and Holocaust survivor. Frankl published 39 books.

The autobiographical Man's Search for Meaning, a best-selling book, is based on his experiences in various Nazi concentration camps.



Between stimulus and response,  
there is a space. In that space is  
our power to choose our response.

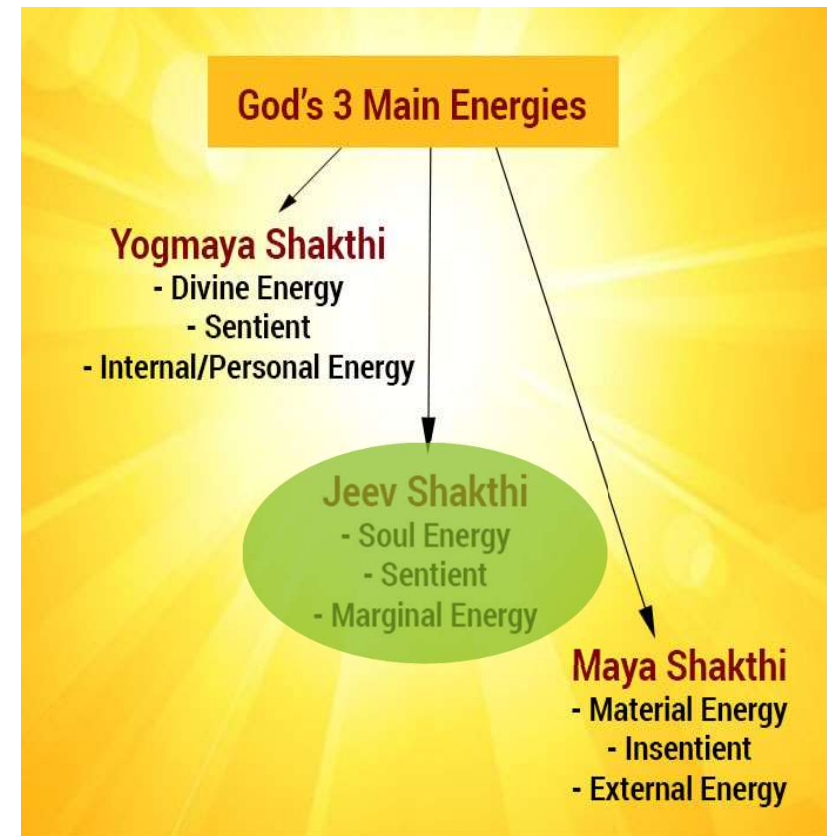
In our response lies our  
growth and our freedom.

VIKTOR FRANKL

**Bottomline:** *Due to our intellectual fallacies, we have been looking for growth and fulfillment in the wrong direction – we think our material possessions will always remain with us, we view our material body as our true self, and thus think that true bliss lies in the fulfillment of material pleasures.*

## What type of parts of God are we?

- Some people **mistakenly conceive** it as the relationship between a stone and its smaller fragments!
- We, human beings, are a fragment of the “Jeev Shakti” 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.



## God is perfect and complete

- ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमदच्यते ।  
पूर्णस्य पूर्णमदाय पूर्णमेवावशिष्यते ॥
- He is infinite, and this (universe) is infinite. The infinite proceeds from the infinite. (Then) taking the infinitude of the infinite (universe), it remains as the infinite alone.
- 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. Imagine the extent of God!
- But this word Brahman has another meaning to it. **Vringhanatvat Brahman.** *God is He, who makes others infinite*



Brahman



Paramatma



Bhagawan

Brahman, Paramatma and Bhagawan are not three different entities, but one with three different symptoms. For example like water, ice, and steam are one, yet their physical attributes are different.

# We are naturally drawn towards Godlike perfection

## We Are Naturally Drawn to Virtues

- Humans are innately good and drawn to becoming good, which will lead to a natural happy feeling of being good. We like to be surrounded by people who are kind, benevolent, compassionate, generous, honest, humble, selfless, peaceful, righteous; the list is endless.
- Very interestingly, studies show that **even small babies are drawn to good people**.
- In short, it's "good to be good". We want to be good and do good for our own ultimate welfare, or for the benefit of others around us.

## God Is the Abode of Infinite Virtues

- Our mind is a frequent visitor to the worldly objects and people it is most attached to, and this world is in the realm of Maya (material energy) that consist of the three modes – sattva, rajas, and tamas (goodness, passion, and ignorance).
- When we attach our mind to any material object or person, these three modes affect our mind.
- Instead, if we endeavor to attach our mind in the all-pure God, who is tri-*guṇātīt* (transcendental to the modes of material nature), our mind becomes pure and calm.





## Mind Map Summary

Hence, as parts of God, we too seek to **be more Godlike**. Destined for such perfection, we keep prodding for progress

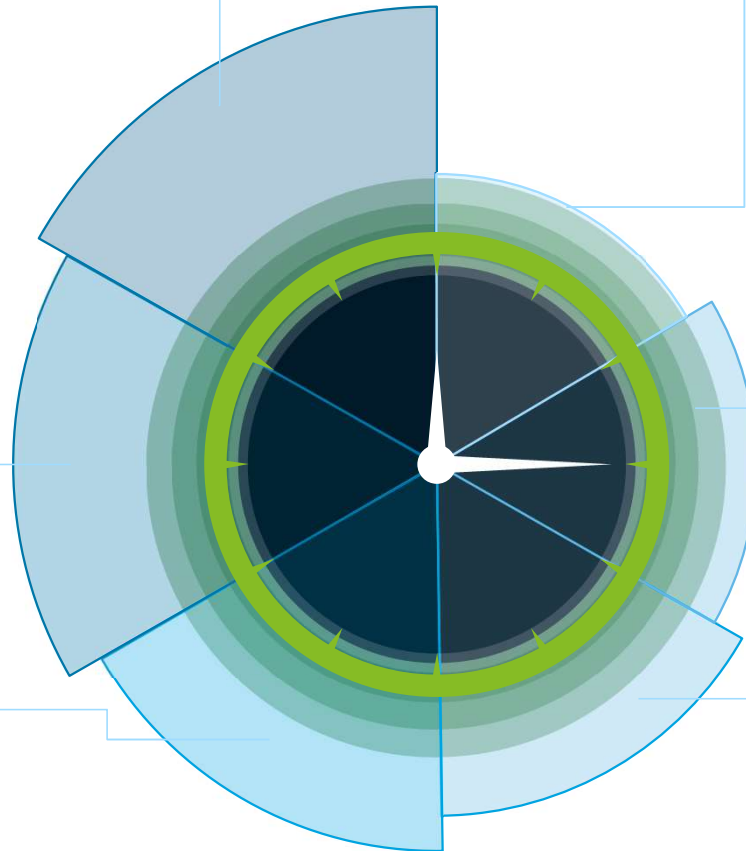
God is **perfect and complete**

By nature, **each part is spontaneously attracted to its source.**

**We all wish to be BETTER;** desire is as innate as heat is to fire

The **yearning to grow comes from the Creator Himself.**

**All living beings** in the world are eternal **fragmental** parts of the Supreme. (mamaivānśho jīva-loke jīva-bhūtaḥ sanātana)



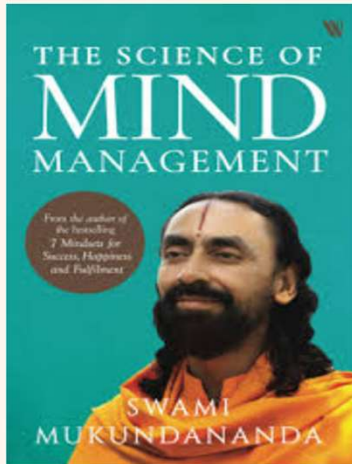
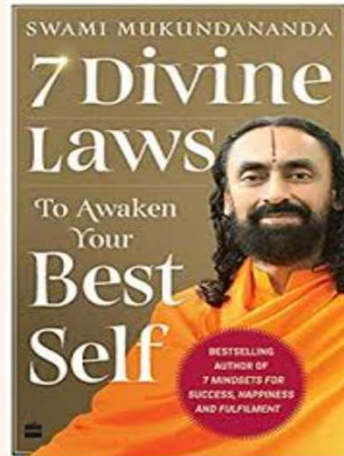
# Interaction Questions

1. Why do you think study of this book will help? What tools can one expect to learn and apply?
2. From our reading today, what concepts and ideas stood out for you?
3. Your friend attended and loved a Book Club online session but is wondering whether he / she has time to attend it going forward. What could you say / do to convince him / her to attend?

## Next session preview: Evolution of the Soul

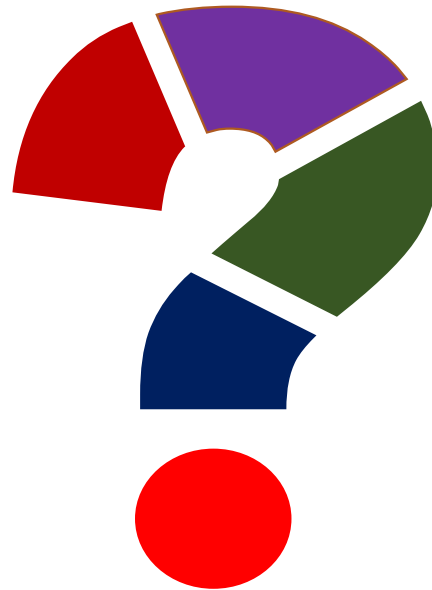
- *Next week we are going to dive deeper into the introduction with focus on Evolution of the soul topic. We will bring together lots of spiritual concepts answering some of the key questions like:*
  - *How old are we, the soul?*
  - *How old is God?*
  - *How was the universe formed?*
  - *What is the cycle of universe?*

## Schedule

Science of Mind Management	7 Divine Laws to Awaken Your Best Self
	
<p>Starting <b>March 5<sup>th</sup>, 2021,</b></p> <p>Every <b>Friday 10:00 PM - 11:00 PM CST</b> (Sat 9:30 AM - 10:30 AM IST).</p>	<p>Starting <b>March 7<sup>th</sup>, 2021,</b></p> <p>Every <b>Sunday 8:00 AM - 9:00 AM CST</b> (Sunday 7:30 PM - 8:30 PM IST).</p>

**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!**

