

Book Club: Science of Mind Management

Session 11

JKYOG Center For Indian Culture & Education

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 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

Today's Agenda

- Quick Recap
- Book Reading
 - SOMM, Ch 1: The Need for Mind Mgmt.
 - Topic: *Thought by Thought, We Forge Our Destiny*
- **Visual** Summary & Recap of concepts
- **Practical** Application
- Experience Sharing – **Special Case Study**

Recap



**Mind as a
“factory”, 3
mental states**

**Mind as “Enemy”
and “Friend” &
Thoughts**

**Mind Body
Connection**

**Inner & Outer
Worlds**

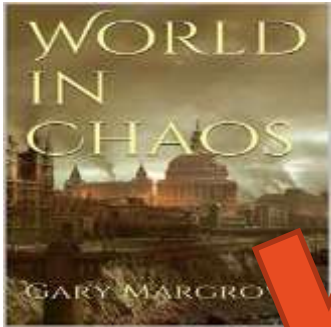
Book Reading Time!

Thought by Thought, We Forge Our Destiny

- Refer Book - Pg 18 (Kindle)
- Chapter: *The Need of Mind Management*
- ***Let us Read the book - highlights!***

Is the outer world governed by laws?

When we look around us, the world seems in **chaos**: pandemic, mass deaths, stress, fear, severe weather, wars, poverty, ideological divide escalating... “**How could a good God allow such circumstances?**”



Swami ji explains that outer world created by God is **governed by eternal principles**:

1. We think “Rule of Stick” prevails!
2. Although it may not seem so (*Duhkhalayam asasvatam*), God has made this world **perfectly** to enable **purification**.
3. It is a **Jailhouse** of God – for souls who have turned away (“vimukh”) from Him (Heaven and Hell are also jailhouses of different degree – Golden, Silver and Iron!)



1. Infinite potential
2. Growth
3. Love
4. Beliefs
5. Desire Sublimation
6. Happiness
7. Mentorship



*vipadah santu tah sasvat
tatra tatra jagad-guro
bhavato darsanam yat syad
apunar bhava-darsanam*

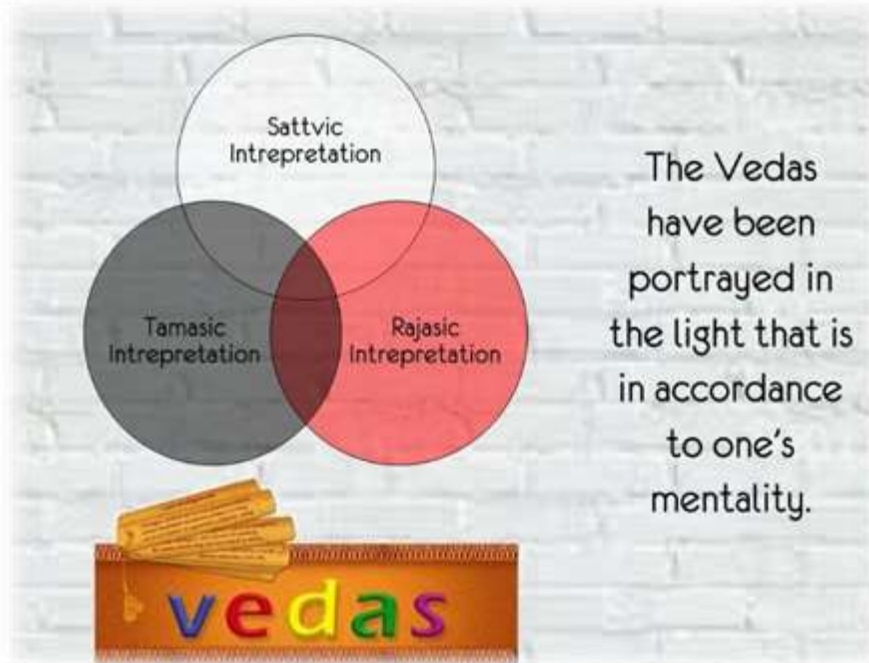
“I wish that all those calamities would happen again and again so that we could see You again and again, for seeing You means that we will no longer see repeated births and deaths.”
(Srimad-Bhagavatam 1.8.25)

Ramdutt vs Vishnudutt



- Ramdutt is always **annoyed** to no end with the irascible **behaviour of Vishnudutt**, his obnoxious **neighbour**.
- Ramdutt finally **moves to another neighbourhood**
- New neighbour is no better than Vishnudutt. The **experience repeats over and over**
- Eventually, Ramdutt decides to see the situation positively and begins using it as an **opportunity to develop his own tolerance and patience**, the very two virtues in which he is deficient.
- When he finally masters equipoise despite the worst behaviour of his neighbour, he suddenly finds the situation changing. Good citizens begin moving into his neighbourhood.

Material Thoughts, Material Understanding



Only one that is beyond the three gunas can correctly and truly understand the Vedas and convey their message.

- **BRIHADARANYAKA UPANISHAD:** Sa yathakamo bhavati, tat kratur bhavati, yat kratur bhavati, tat karma kurute, yat karma kurute, tat abhisampadyate.

Types of Karma and results

Classification of *Karma*...?

Mainly 3 types of
Karma

Sanchit

*(Accumulated from
previous births)*

Kriyamaan

*(Being performed in
present life)*

Prarabdh

*(Part of Sanchit karma
allocated to be executed
in present life)*

Net Karma
Account

Current earnings /
Income

This life's
withdrawal

Memory
Hint

Many circumstances are result of our karmas either in the present lifetime or prior

Pop-Quiz

The karma which refers to the one accumulated from past lives is:

- a) Sanchit
- b) Prarabhd
- c) Kriyamaan
- d) “Sanchit – (minus) Kriyamaan
- e) “Sanchit - (minus) Prarabhd”

The Farmer Story



*Whatever happens,
happens for good!*

Reminder: We can CHOOSE our Glasses

The thoughts we harbor are like the glasses we wear to look at the world!



Which pair of glasses are you wearing today?

Objective vs. **Subjective** Reality !

Absolute vs **Relative** Truth !

Reminder: Inner wins = External Success follows!



Renunciation is not
giving up the things of
this world -
it is accepting that
they go away.



***Sacrifice purifies, Austerities, Seva (selfless), Charity are all encouraged
External success naturally follows***

Book Club Case Study

14 May 2021, 10 pm CT
(15 May 2021, 8.30 am India)

Mr. ARAM

*Covid situation, working couple, 1 Bed apartment, virtual schooling 2 kids, **unhappy family***



Hates God

*Other **friends and relatives** have big houses (Texas style); **cursing God** has not given them anything*



Loses Job

Lost job + existing apartment was on a heavy loan hard to repay



House Foreclosure

*With missed payments, **Bank sends final notice** to vacate the house in 2 days*



1. Why do circumstances like these come in our lives?
2. With what thoughts should we deal with them?
3. What would you tell Mr. Aram to do this situation?

Next Session

- *We will dive into **the “Leverage the Resources God Has Blessed Us With”***
- *We will study and discuss the topic together with **practical tools, scientific and spiritual perspectives** to apply this knowledge in practical day to day life!*

THANK YOU FOR YOUR
PARTICIPATION!

Session Schedule (May 2021)

Session	Book Club	USA Time	India Time
1	Science of Mind Management	10 pm CST on Friday 30 April	8.30 am IST on Saturday 1 May
1	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 2 May	6.30 pm IST on Sunday 2 May
2	Science of Mind Management	10 pm CST on Friday 7 May	8.30 am IST on Saturday 8 May
2	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 9 May	6.30 pm IST on Sunday 9 May
3	Science of Mind Management	10 pm CST on Friday 14 May	8.30 am IST on Saturday 17 April
3	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 16 May	6.30 pm IST on Sunday 18 April
4	Science of Mind Management	10 pm CST on Friday 21 May	8.30 am IST on Saturday 22 May
4	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 23 May	6.30 pm IST on Sunday 23 May
5	Science of Mind Management	10 pm CST on Friday 28 May	8.30 am IST on Saturday 29 May

Book Club: Reminder



**Guided
Reading**



**Practical tools
and techniques**



**Introspective
activities**



**Spiritual
Stories**



**Topic related
Meditations**



**Fortnightly
Quiz**



**Quote of the
day**



**Session
summary**



Email Digest