

Book Club: Science of Mind Management

Session 12

JKYOG Center For Indian Culture & Education

Book Club: Welcome



**Guided
Reading**



**Practical tools
and techniques**



**Introspective
activities**



**Spiritual
Stories**



**Topic related
Meditations**



**Fortnightly
Quiz**



**Quote of the
day**



**Session
summary**



Email Digest

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

Today's Agenda

- Quick Recap
- Book Reading / Video
 - SOMM, Ch 1: The Need for Mind Mgmt.
 - Topic: **Leverage the Resources God Has Blessed Us With**
- **Visual** Summary & **Recap** of concepts
- **Practical** Application / Meditation
- Experience Sharing – **Special Case Study**

Recap



Topic of today!

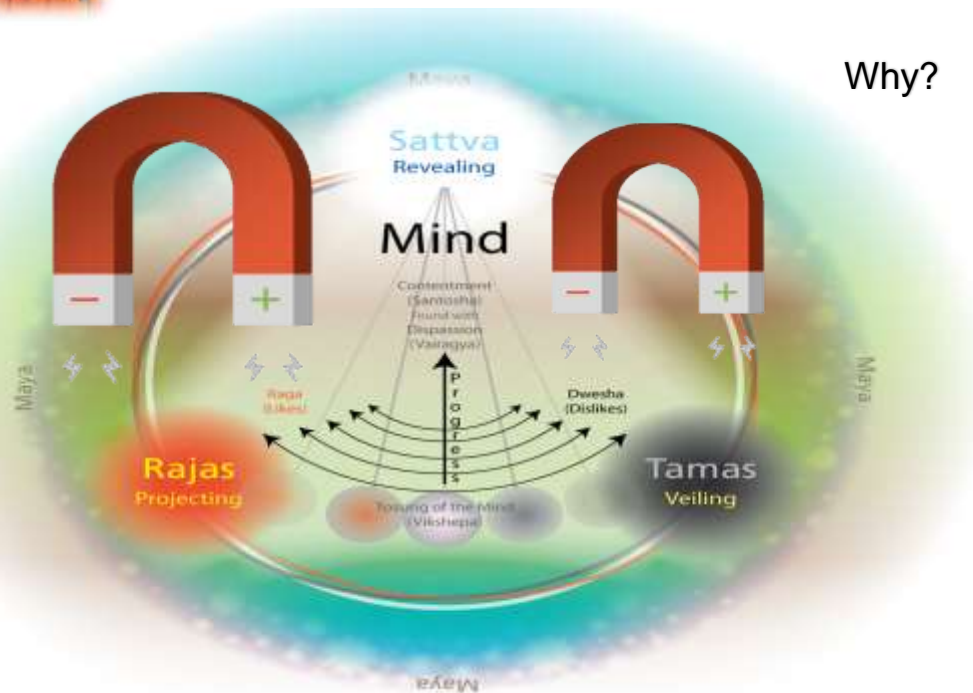
Leverage the Resources God Has Blessed Us With

- Refer Book - Pg. 22 (Kindle)
- Chapter: *The Need of Mind Management*
- ***Let us Read the book - highlights!***

Negativity Bias!



“Instead of realising the importance of what we have, we remain focused on what we lack”



What?

The **negativity bias**, also known as the **negativity effect**, is the notion that, even when of equal intensity, things of a more **negative** nature (e.g. unpleasant thoughts, emotions, or social interactions; harmful/traumatic events) have a greater effect on one's psychological state and processes than neutral or positive

https://en.wikipedia.org/wiki/Negativity_bias

Guess the message



Divine subject is like silk for the mind

Vs.



Material subjects / negativity is like Velcro for the mind

Remember the missing teeth or something stuck feeling in teeth??? Why tongue repeatedly goes there?



Uplift your mind by seeing the blessings



I am **blessed to have a job** in this economy
I have **enough** I need for my family's needs
I must give 10% of my income in charity
Difficulties are Grace of God...
Think of **Oxygen** we breathe (can be so costly)



Life is a journey from
B(irth) to **D(eath)**
determined by **C(hoices)**

I don't have as much **wealth** as my neighbor ...
Our **house** is too small, all my relatives have **bigger houses**
I didn't get promoted, ...(& he got undue **promotion**)
His **wife** is so cooperative!
He has so much **respect** in my friend circle



The Mendicant Story



**I will get you the money you need
In return, can you give me your
Eyes? Legs? Hands?**



**You have a body worth more than 1
Crore (\$150,000) just going by what I
offered you and you said God has
not given you anything!**

We undervalue our Graces - Human Body



“We tend to undervalue the graces we have received”



Eyes - each fitted with **125 million photoreceptors** for converting light into electric signals. They help us see the colours of the rainbow, the crimson sky of the setting sun, the plumes of the peacock, the dewdrops on the lotus leaf, and the flight of an eagle. **Isn't that an exceptional grace that we should be delighted about?**



Hearing: Imagine what life would be like if we couldn't hear the sounds in our environment? Fortunately, we are blessed with two ears, each fitted with **30,000 fibres**, with which we hear sounds in a wide audio spectrum, ranging from 20 Hz to 20,000 Hz, including leaves rustling in the wind, ocean waves hitting the rocks, acoustics of a theatrical symphony, and spasmodic thuds of a woodpecker against a tree trunk.

We undervalue our Graces - Human Body



“We tend to undervalue the graces we have received”

We are blessed with a **tongue** that in conjunction with a sound box can create words to heal, console, uplift, entertain, cheer, and educate.



Our **blood** flows through nearly 100,000 kilometers of arteries and capillaries to deliver oxygen and nutrients to almost 40 trillion cells in our body. To drive the blood, the heart beats a hundred thousand times in a single day and 36 million times in a year. **How miraculous!**



Finally, our **brain** is fitted with a 100 billion neurons that combine to make trillions of circuits. This gives us the ability to appreciate the perspicacity of Upanishadic knowledge, the aesthetics of Shakespeare's plays, the logic of a computer software programme, the ethical ramifications of a situation, and the legality of our actions.



Graces in human form



The organs in our body perform such complex functions that if these activities were to be replicated by machines, it **would require a factory the size of a warehouse**. It is obvious that we are beneficiaries of abundant grace!

REVERSE GEAR –Human Body really good?

Tulsidas: nar tan **sam nahin kavaniu dehi**. jiv charachar jachat
jehi || **narak svarg apabarg** niseni. gyan birag bhagati sukh deni

1. Why did Tulsidas ji say Human body is incomparable – He did NOT SPECIFY in good and bad way!
 2. Why did Tulsidas ji say “Narak” as first option!
- He is being very clever ! **Best** body: only opportunity to realize our goal and move forward. **Worst** body: since we will almost be forced to go wrong direction if we do not move in right direction
 - Most humans will do sin & go to **Narak**. More intelligent do good deeds for **Swarga** & the real **smart do Bhakti**. This is the ONLY body which has KARM and BHOG. If we do not put this body in good direction, it goes in –ve direction with great speed! A dog, cat etc. can not steal or do theft like a human being does with intelligence (Gyan).



Reminder

With the same graces bestowed upon us – some people move from **accomplishment** to accomplishment while some squander the graces and stagger from **failure** to failure.

The successful **distinguish by their attitude** which is the ability to manage their **inner state of mind**.



Book Club Case Study

21 May 2021, 10 pm CT
(22 May 2021, 8.30 am India)



Man has been diagnosed with life threatening disease....



He is admitted to a hospital and recovering but he is cursing and bitter due to suffering

1. What would you do if faced in such situation?
2. After the recovery what your thought be towards God?
3. To be Bitter or Grateful – Which path would you choose? Why?

Next Session

- *Revision and reflection time! We invite participants to **present their learnings** from the Chapter 1 Need for Mind Management. Please send your names to us*
- *We will use **WhatsApp group to coordinate and support you with materials***
- ***WhatsApp Ajay on +1 469 703 9134***
- ***WhatsApp Sunil on +1 972 375 7548***

- ***Topics:***
 - *Key to Happiness & Success*
 - *Mind - our best friend and worst enemy*
 - *The Nature of Thoughts*
 - *The Mind-Body Connection*
 - *The Inner and Outer Worlds*
 - *Thought by Thought, We Forge Our Destiny*
 - *Leverage the Resources God Has Blessed Us With*

Meditation time!



<https://youtu.be/9dCwCYNUOPU>

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 15 May
3	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 16 May	6.30 pm IST on Sunday 16 May
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



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