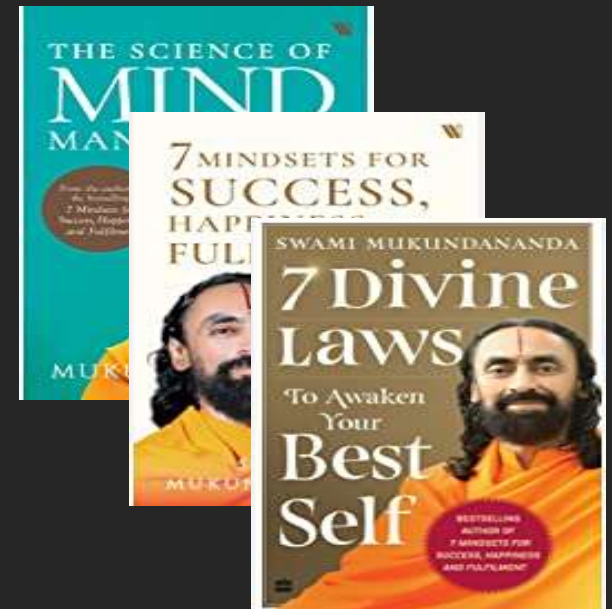


# JKYog CICE Presents Virtual Book Club



Orientation Session

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 ।।

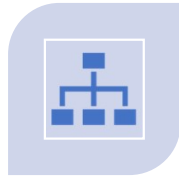
(If) All Upanishads are (likened to) cows. The milker is the son of the cowherd, Krishna; Arjuna, son of Prutha, is the calf; the men of purified intellect are the drinkers, and the milk is the supreme nectar of Gita.

- **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



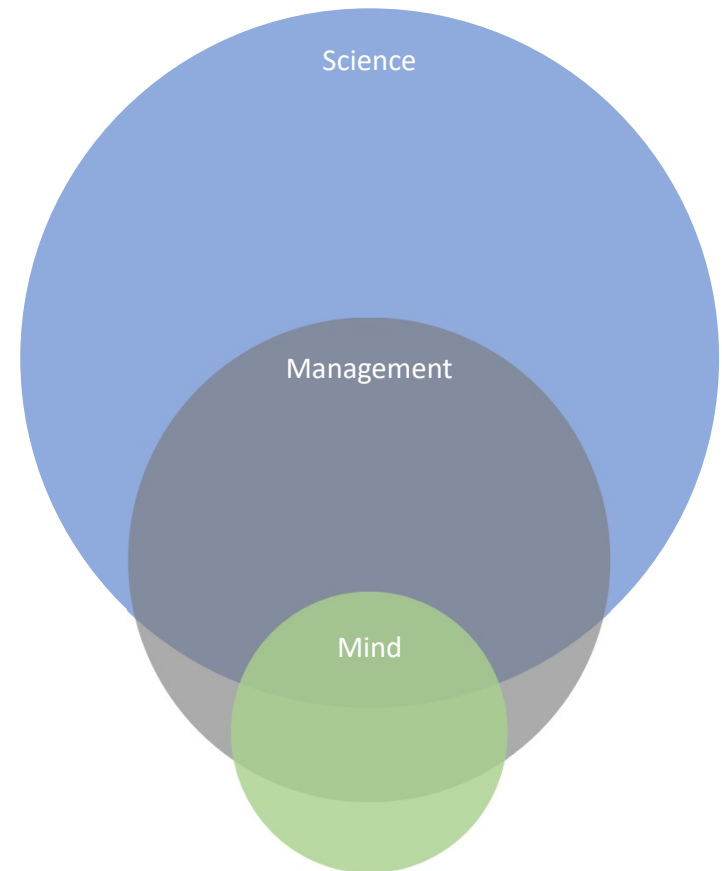
**SCIENCE:** THE INTELLECTUAL AND PRACTICAL ACTIVITY ENCOMPASSING THE SYSTEMATIC STUDY OF THE STRUCTURE AND BEHAVIOR OF THE PHYSICAL AND NATURAL WORLD THROUGH OBSERVATION AND EXPERIMENT.



**MANAGEMENT:** THE PROCESS OF DEALING WITH OR CONTROLLING THINGS OR PEOPLE.

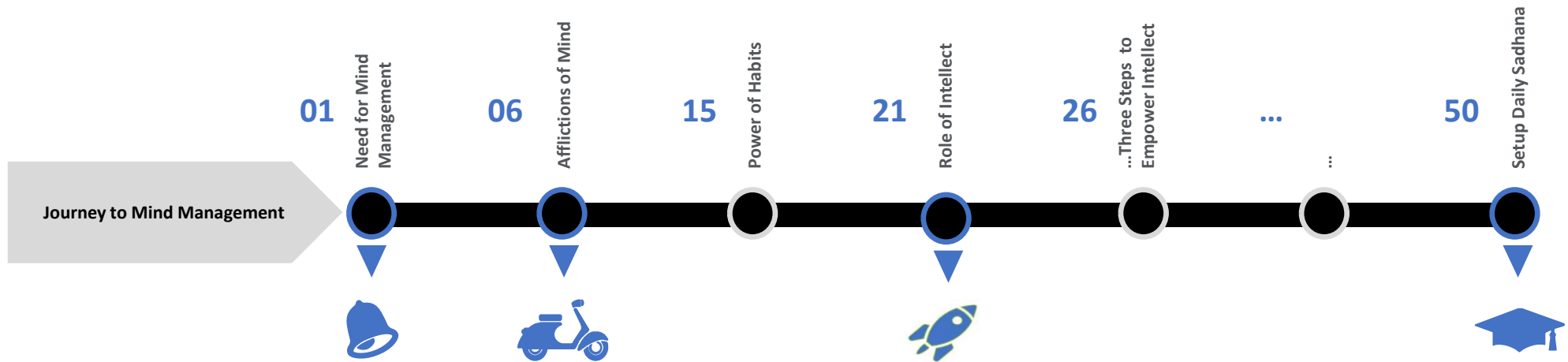


**MIND:** THE ELEMENT OF A PERSON THAT ENABLES THEM TO BE AWARE OF THE WORLD AND THEIR EXPERIENCES, TO THINK, AND TO FEEL

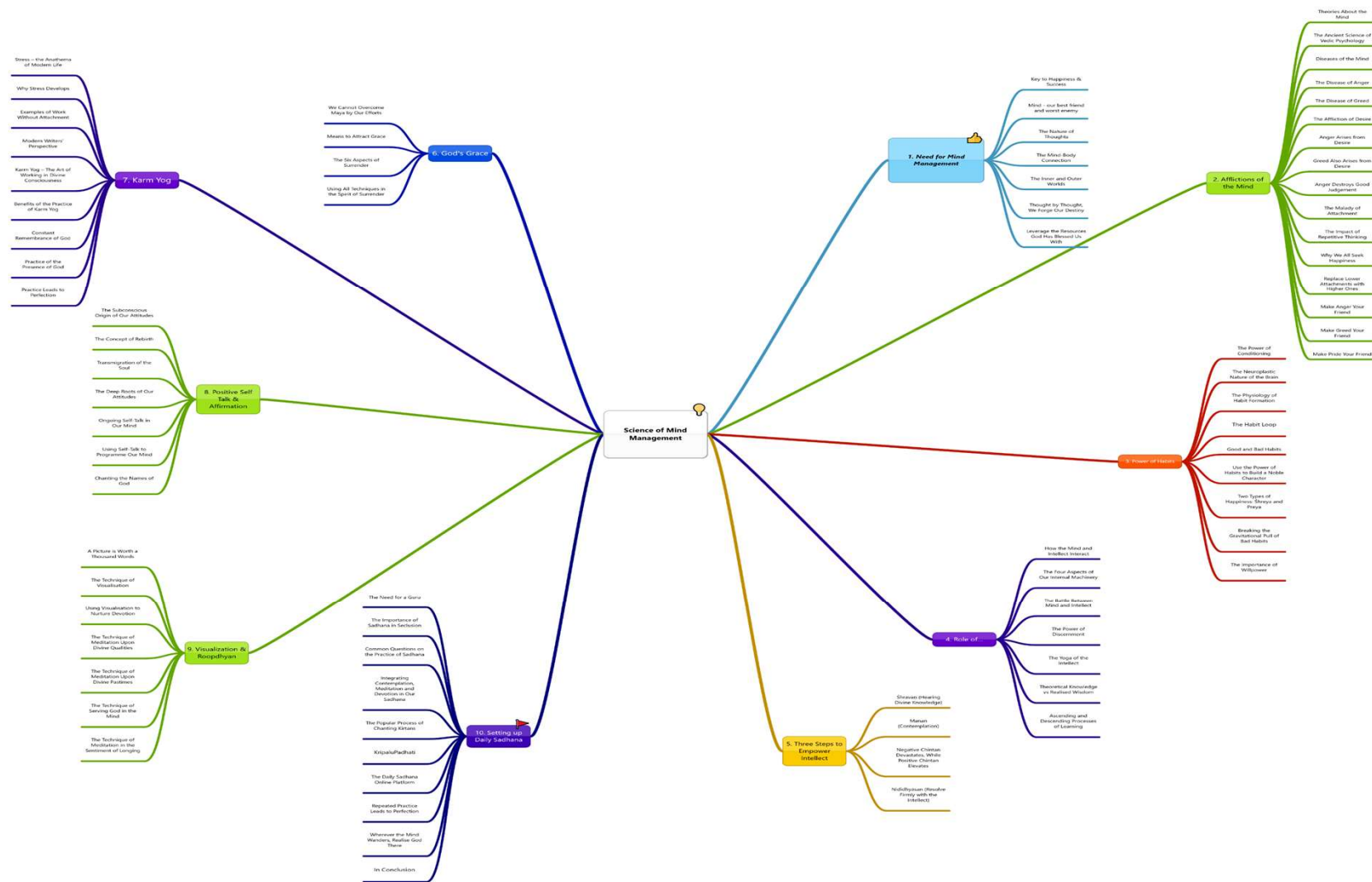


**Science of Mind Management  
[SOMM]**

# Our Goal and Path!



# Mind Map





# Guided Reading Time!

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Let us revise the key topics covered today!

Our **duty in life** is to carefully tend to our mind as a fertile field by learning **Science of Mind Management**

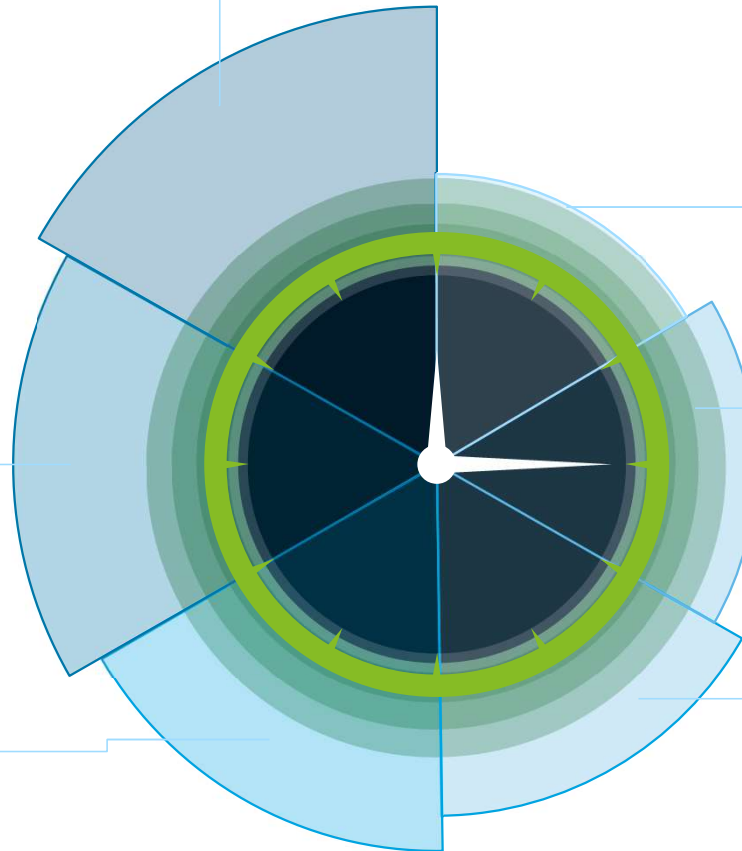
Mind is replete with **infinite potential**

An effectively trained mind becomes our **biggest resource of positivity and joyfulness**

Quality of life's experience depends on the state of our mind

Mind creates our perceptions of happiness and distress

An astray mind robs our inner joy and drags us into a cesspool of miserable thoughts

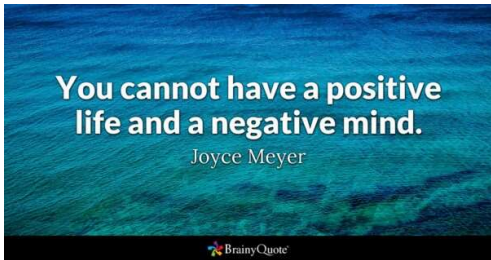


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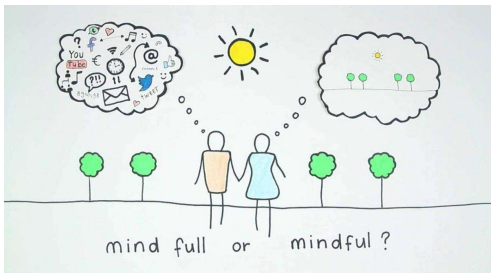
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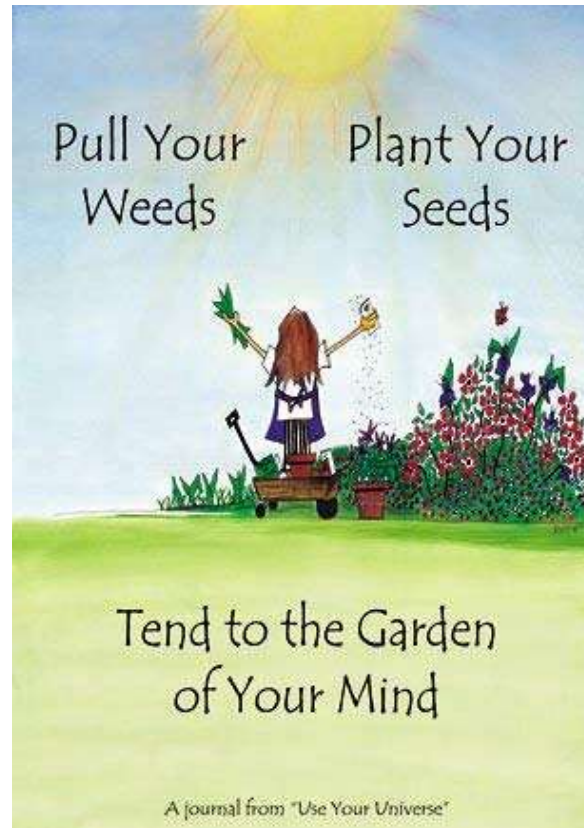
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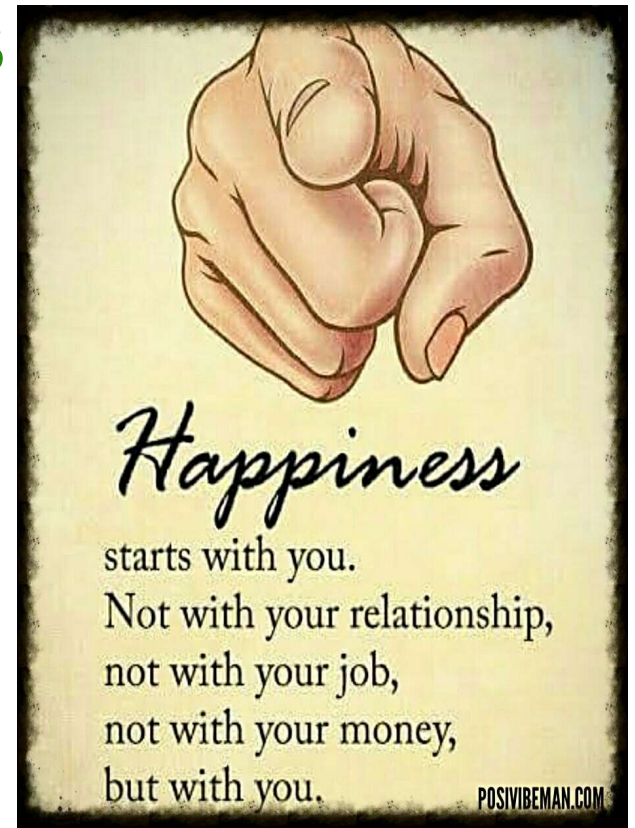
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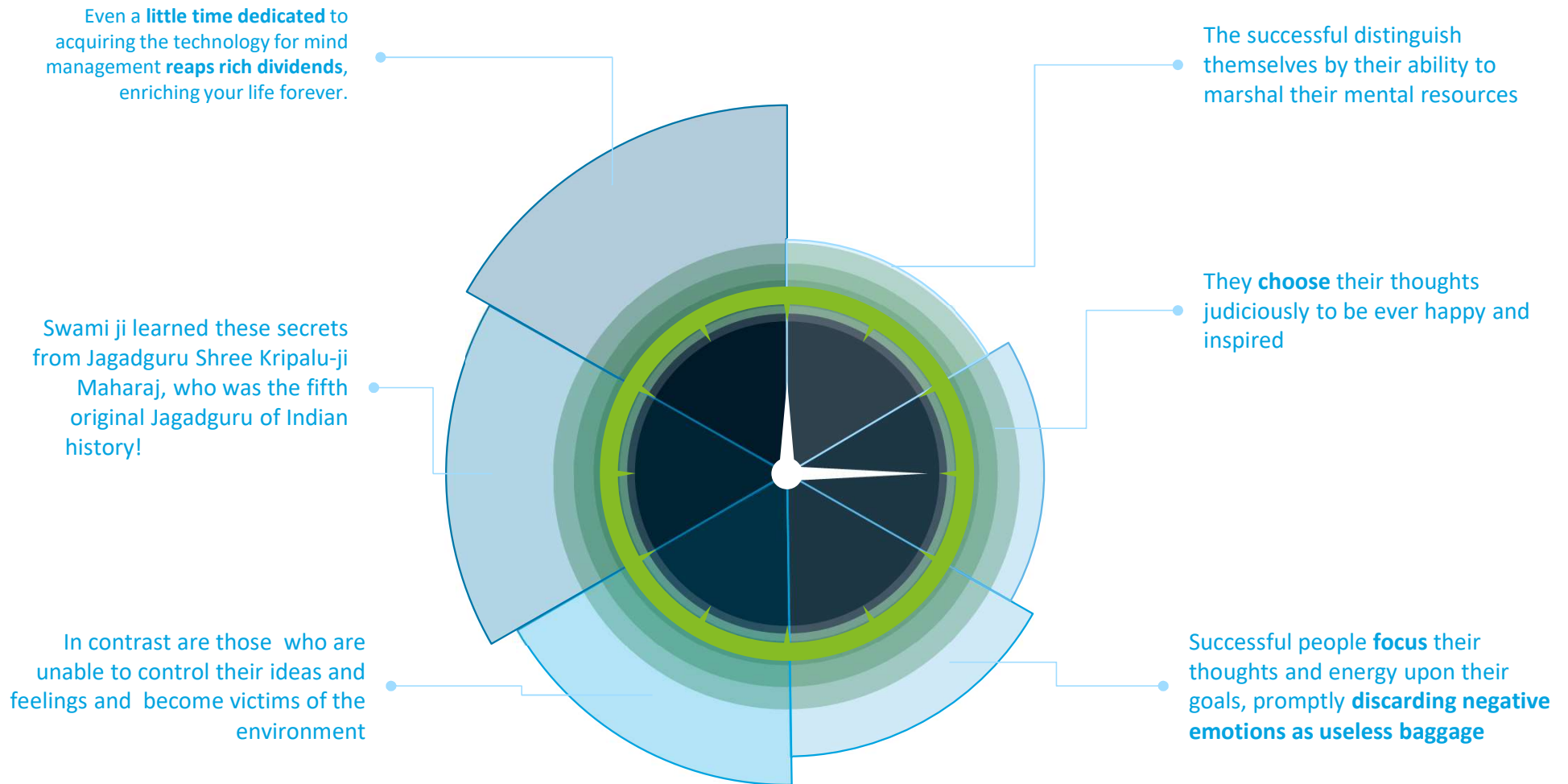


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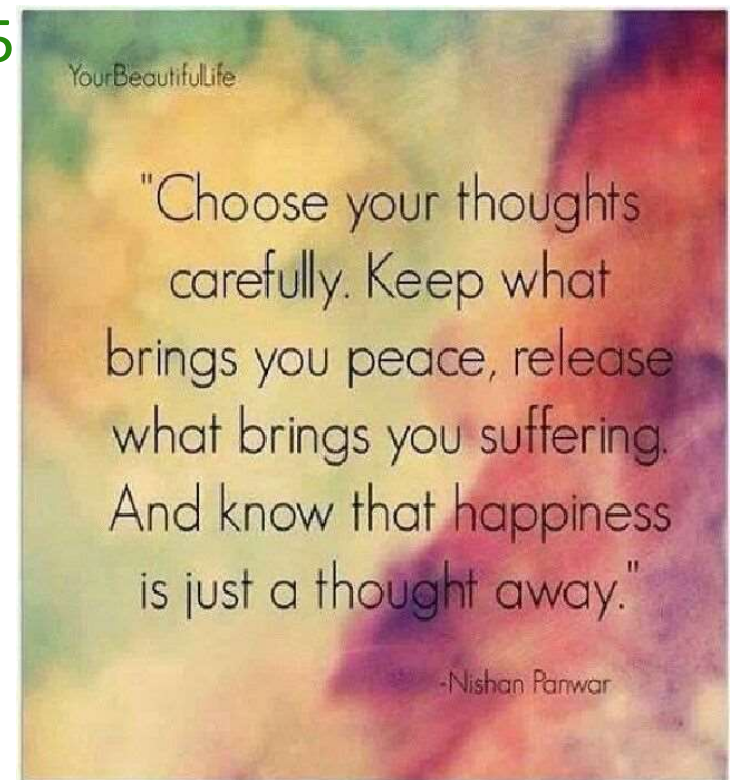
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## Next session preview: Need for Mind Management

- An **auto-script** embedded within our soul inspires us to be more perfect, more godlike. Yet not everyone achieves their cherished goals.
- Still a vast **majority stumble along** the journey of life, tripping repeatedly over anger, greed, tension, and anxiety.
- Why is **reality so different from our dreams and aspirations**? It is not money, power, fame, or an affluent upbringing that determines the quality of our life.

***Next week are going to delve deeper with powerful concepts (cause of anger, greed, attachment etc.) and stories and videos into this and understand where we many of us go wrong?***

## Interaction Question(s)

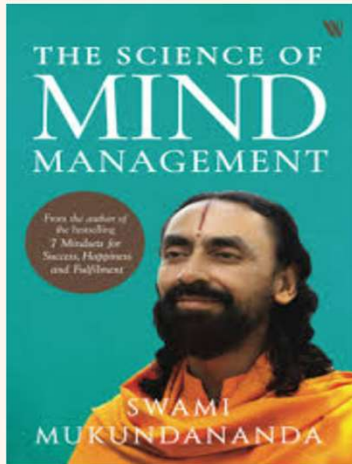
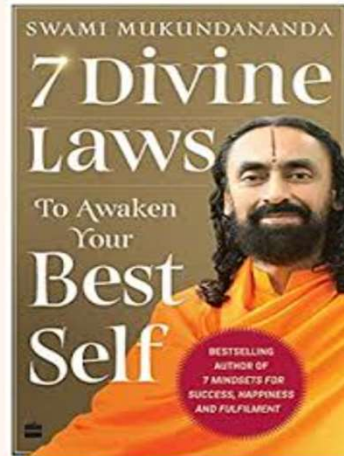
1. Why do you think study of this book will help? What tools can one expect to learn and apply?
2. What examples do we know of personalities with an “effectively trained mind”
3. Your friend attended and loved a Book Club online session but is wondering whether he / she has time to attend it going forward. What could you say / do to convince him / her to attend?



**THE MIND IS LIKE A FERTILE  
LAND. IF YOU CULTIVATE IT  
WELL, IT BLOSSOMS WITH  
ATTRACTIVE PLANTS AND  
BEAUTIFUL FLOWERS. BUT IF  
NEGLECTED, THE OUTCOME IS  
TERRIBLE: WILD WEEDS AND  
THORNY SHRUBS!.**

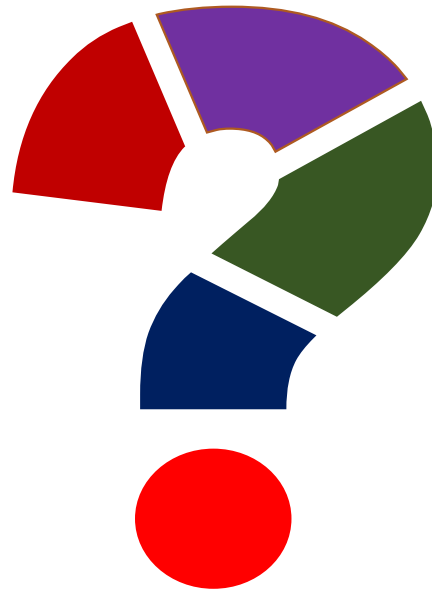
*Swami Mukundananda*  
The science of mind management

## Schedule

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

