

Book Club: Science of Mind Management

Session 10: Mother's Day Special

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

Mother's Day Special: Agenda

- Quick Recap
- Book Reading
 - SOMM, Ch 1: The Need for Mind Mgmt.
 - **Topic: *Inner and Outer Worlds***
- Powerful Video
- Visual Summary & Recap of concepts
- Practical Application
- **Experience Sharing – Mother's Day Special Case Study**

Recap



**Mind as a
“factory”**

**Three mental
states**

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

**Mind Body
Connection**

Today's topic

- ***Inner and Outer World***
- Refer Book ~Pg 10 (physical), Pg 17 (Kindle)
- Chapter: *The Need of Mind Management*

Book Club: Power Video



Video Link: <https://youtu.be/-qBCFDtfZ0I>

Is the world around us an illusion?



1. *Brahm satyam jagat mithya* –
 1. Shankaracharya ji stated that the world DOES NOT EXIST (world or sansar is mithya). This idea is that external world is a creation of the mind; This also exists in western philosophy. In our philosophy it is called Mana-Kalpana-vad
 2. Then followed after three Jagatgurus and vaishnav acharayas – they said the world is TRUE but ASAT - temporary;
 3. Sh. Maharaj ji did “**samanvaya**” and clarified external world is not mithya, but the **internal world we create in our mind is mithya**
 4. **Common logic: Everyone sees me on screen the same way!**

Why is the external world created then?



External world created for following reasons (to name a few):

- a) Sustain gross body (food, water, air...)
- b) Aid the growth of soul, help purify the mind to become eligible to reach the supreme soul

Remember –

- Toys a Mother provides to a kid!
- University of Hard Knocks – Like a mother takes a stern position to teach the kid

Creation process and role of Maya



1. The word “Maya” is made from mā (not) and yā (what is). Thus, Maya means “that which is not what it appears to be.”
2. Maya, being one of God’s energy, is engaged in the service of hiding His true nature from the souls who are not yet eligible or God-realized.
3. It **lures and confuses the souls** who are already **vimukh** (having their backs turned) from God. It also **troubles them with problems and difficulties** aided by the material miseries.
4. By this, Maya makes the souls realize that they can never be happy unless they are **sanmukh** (their face turned) toward God.
5. The elements of Maya gradually unfold to create the outer world around us – **space -> air -> fire -> water -> earth**

Inner World: Unique and complex!



1. Subtle inner world has thoughts, desires, attachments, aversions etc.
2. These arise from **sanskars** (accumulated tendencies) from **endless lifetimes**.
3. **Everyone has unique inner world**
4. Mind made of maya and creates inner world
5. **Which world do we have to detach from?**
6. Inner world is MORE compelling. Agitation by physical objects is possible when there is attachment or desires present. If Desire vanquished, objects don't hold sway
7. Saints who purified the inner world see external world as veritable form of God

Pop-Quiz 1

Who makes the **outer world** we see?

- a) Our Mind
- b) We, the Soul
- c) Indra, King of Heaven
- d) Lord Brahma with God's power

Pop-Quiz 2

Who makes the **inner world**?

- a) Our Mind
- b) We, the Soul
- c) Indra, King of Heaven
- d) Lord Brahma with God's power

Pop-Quiz 3

_____ is MITHYA and _____ is SATYA

- a) Inner world, outer world
- b) Outer world, inner world
- c) Inner world, inner world
- d) Outer world, outer world

Reminder 1: Spider web, water drops!



Ponder Over:

God creates the world around us – **as spider extracts the web** from its body and then absorbs back. God himself becomes the world. God is perfect and complete and so is the external world **perfect and complete** -

Want some scientific evidence? watch Youtube for videos on Pi, spiral and fractals in the design of world! (many video on this on symmetry)

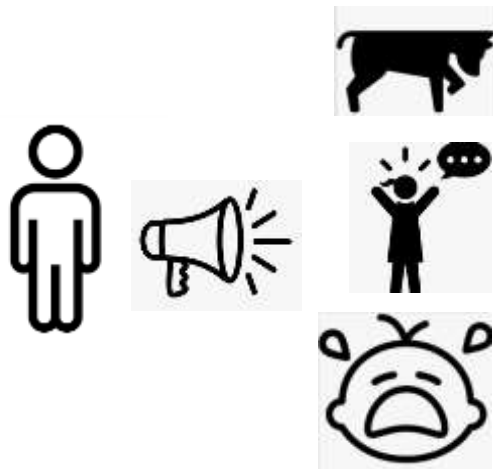
Reminder 2: We can CHOOSE our Glasses



Which pair of glasses are you wearing today?

We perceive the outer world based on the state of our inner world!

Reminder 3: Child, Dog & Adult!



1. A child when scolded cries or feels bad for a bit; then later when parent calls – comes running
2. However, an adult – ties a knot and remembers the insult sometimes whole life!
3. **If the insult of the external world was the affliction – then the child would have it – the reason is that the inner world of the child has not MANIFESTED or PROPAGATED yet (panapna)**

Book Club Case Study

7th May 2021, 10 pm CT
(8th May 2021, 8.30 am India)

Mother's Day
Special

Worldly mother



Thoughts?
Attachment?
Desires?

Inner World



Divine Mother



Thoughts?
Attachment?
Desires?

How should our inner world (consisting of thoughts, ideas, desires, attachments etc.) look like for a) our worldly mother and b) our divine mother? Why?

Next Session

- *We will dive into **the “Thought by Thought, We Forge Our Destiny***
- *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