

Book Club: Science of Mind Management

Session 13

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 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
- **Participant driven RECAP session of 7 previous topics**
- Experience Sharing
- **Practical** Application / Meditation

Recap



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



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



**Mind Body
Connection, Inner
& Outer worlds**



**Thoughts to
Destiny,
Resources &
Blessings**

Completes the Topic “Need for Mind Management”

Presentations Ahoy! – Rules of the Road

- **3 minutes** time allotted for each presentation
- **+ 1 minute** buffer time in case of technical or other issues (over 3 minutes)
- **+ 2 minutes** for group / audience comments, experiences, ideas (for e.g., one key takeaway from the presentation)
- **BEST to turn on VIDEO** today for presenters AND Participants to encourage each other!
- Also, time to reinforce our learnings by understanding experiences of others, so keep yourself on mute and raise hands post the presentation to speak

**IT TAKES ONE HOUR OF
PREPARATION FOR EACH
MINUTE OF
PRESENTATION TIME**

Presentation order

- **Topics:**
- *Key to Happiness & Success - **Anshuman ji***
- *Mind - our best friend and worst enemy - **Ananda ji***
- *The Nature of Thoughts - **Shashi ji***
- *The Mind-Body Connection - **Dr Sudhir ji***
- *The Inner and Outer Worlds - **Kamlesh ji***
- *Thought by Thought, We Forge Our Destiny - **Uma ji***
- *Leverage the Resources God Has Blessed Us With – **Neha ji***
- *Backup presenter: **Tania ji***

Topic	Session #
Key to Happiness & Success	5
Mind - our best friend and worst enemy	6
The Nature of Thoughts	7
Summary : Learn with Play, Reflect, Quiz	8
The Mind-Body Connection	9
The Inner and Outer Worlds	10
Thought by Thought, We Forge Our Destiny	11
Leverage the Resources God Has Blessed Us With	12

Meditation time!



<https://youtu.be/Bnwy1dNRcak>

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