

Book Club: Science of Mind Management

Session 14

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

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

Today's Agenda

- Quick Recap
- Book Reading / Video
 - SOMM, Ch 2: **Afflictions of the Mind**
 - Topic: **Theories about the Mind, Vedic Psychology**
- **Visual** Summary & **Recap** of concepts
- **Practical** Application / Meditation
- Experience Sharing – **Case Study**

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”

Recap – thank you for the participants !!!



More photos were shared on the Whatsapp Group !

Topic of today!

Theories about the mind & Vedic Psychology

- Refer Book - Pg. 27 (Kindle)
- Ch. 2: **Afflictions of the Mind**
- ***Let us Read the book - highlights!***

Introduction



“The key to controlling and managing thoughts will come with a deeper understanding of the functioning of mind”

Why?

Mind is the factory of **thoughts!**

- **Incessant**, **unexpected**
- **Happy**, Sad / **Gloomy**
- **Influenced** by environment ...

You can't treat a disease without understanding the cause!

Many parents tell kids to “focus”
Many people try to stop thoughts of anger by force, mind rebels!

What?

There is something fundamental and important to understand

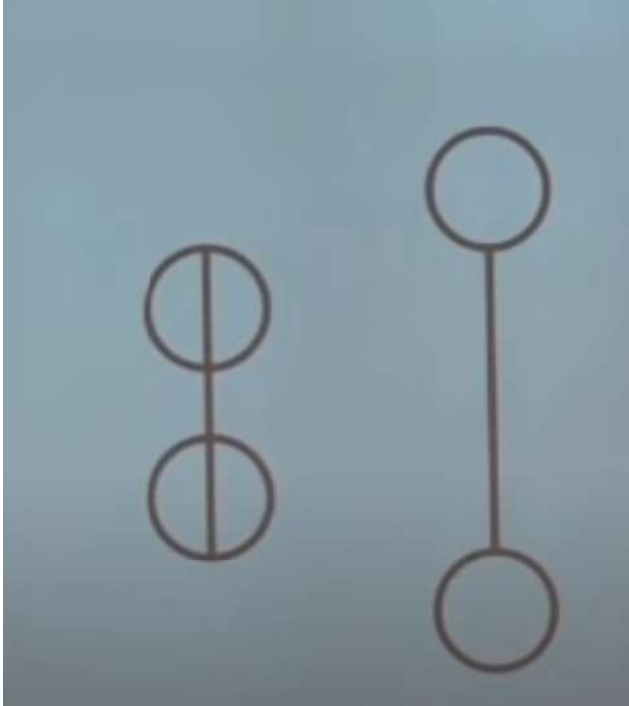
Can you listen to the same joke again?

Can you watch the same movie again? 5 times? 10 times?

BUT, similar types of **NEGATIVE thoughts come to us again and again!**

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

Activity



**Are the two
lines same in
height?**

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

Theories about the mind



Psychology is a branch of human knowledge that attempts to analyse the science of the mind and behavior by establishing general principles and researching cases.



Analytical Psychology

Psychology

Psychoanalysis



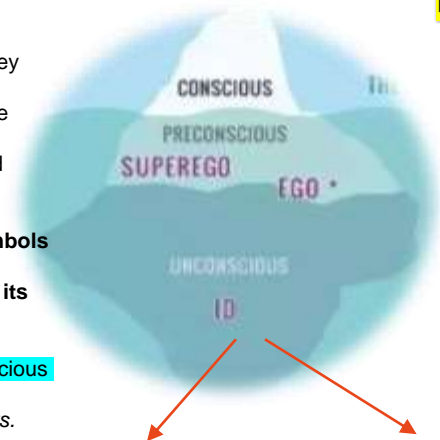
Sigmund Freud

father

Carl Jung later broke away from Freud's ideas. There were two key **points of contention** between them:

1. Freud focused on the unconscious as a repository of negative emotions, while **Jung considered the unconscious as 'collective' and 'personal'** because he believed it contained memory and ideas inherited from ancestors; and
2. Freud's theory focused on sexual development while **Jung focused on the 'collective unconscious' or universal symbols** that all can relate to.

The primary goal of life is the **individuation of the self with both its conscious and unconscious aspects**. The unconscious can be related to or understood via symbols seen in daily life, such as in dreams, art, religion, personal relationships etc. **Bridging the conscious and the unconscious together leads to harmony vs. disorders** (examples dream interpretation, word association tests etc. Lust vs. Love – spiritual angle)



Personal
unconscious

Collective
unconscious

Aims to **explore** and **cure** the unconscious mind.

- According to **Freudian** psychoanalysis, the human psyche comprises of id, ego, and superego.
- The 'id' refers to the **inherent drives** we seek to fulfil because we believe that by **doing so, we will be happier**.
- The 'superego' is our value system. It is partially learned in childhood and is partially an inherent value system.
- The 'ego' is the mediator between the superego and id and works on the 'reality principle' i.e. it helps us determine which drives to act upon.
- Freud theorised that conflict between them results in **disorders**.

Psychological tricks!

Yawning is contagious!



Food can resolve conflicts!

No one says no to good food!
Makes them happy and diverts
attention from conflict

Theories about the mind

Psychology

Existential Psychology

This branch of psychology is most **concerned with fulfilling one's meaning in life**. Looks for **universal principles** to apply instead of isolating people or behaviour. Four dimensions: physical, social, psychological and spiritual. Viktor Frankl is most famous (later branched logotherapy)

Positive Psychology

In 1998, Martin Seligman formalised positive psychology as a valid branch of psychology. He defined positive psychology as 'the scientific study of positive human functioning and flourishing on multiple levels that include the biological, personal, relational, institutional, cultural, and global dimensions of life.'

The basic premise here is **to look to the future to live a happy and meaningful life**. By doing so, one learns to focus on the positive. **This is in stark contrast to other branches of psychology that focus on disorders of the mind.**



Humanistic Psychology

While **Carl Rogers** is widely credited with the establishment of humanistic psychology, it was **Abraham Maslow's 'Hierarchy of Needs'** that brought it to the forefront as a distinct branch.

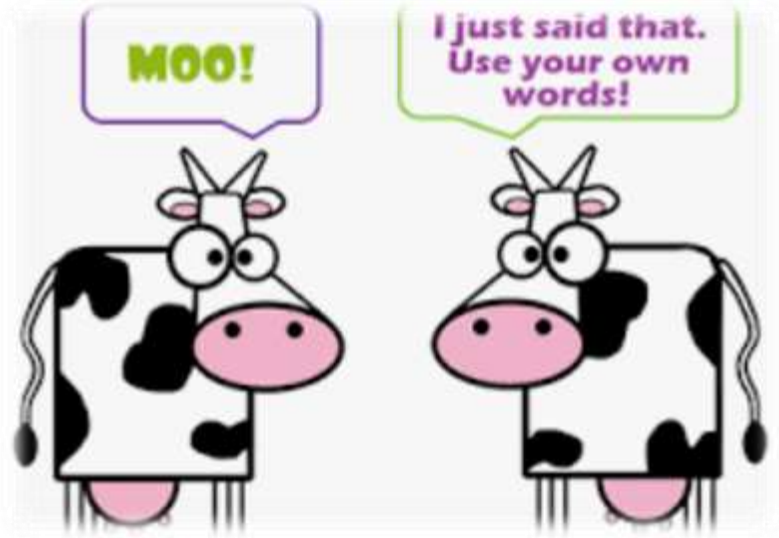
Psychologists affiliated with this branch **emphasise human beings as more than the sum** of their parts.

As a result, instead of focusing on one mental affliction, they prefer to view the individual as a whole.

According to Maslow, we all have basic physiological needs, such as hunger, thirst, sex, and sleep, among other necessities. As these are fulfilled, safety and security needs of job security, safety of home, and so on, start becoming important. As these needs are satisfied, the need for love and belonging starts gaining prominence. Beyond this is the need for achievement and respect.

And lastly, is the need **for self-actualisation** where one is working purely for the joy of it.

Psychological tricks!



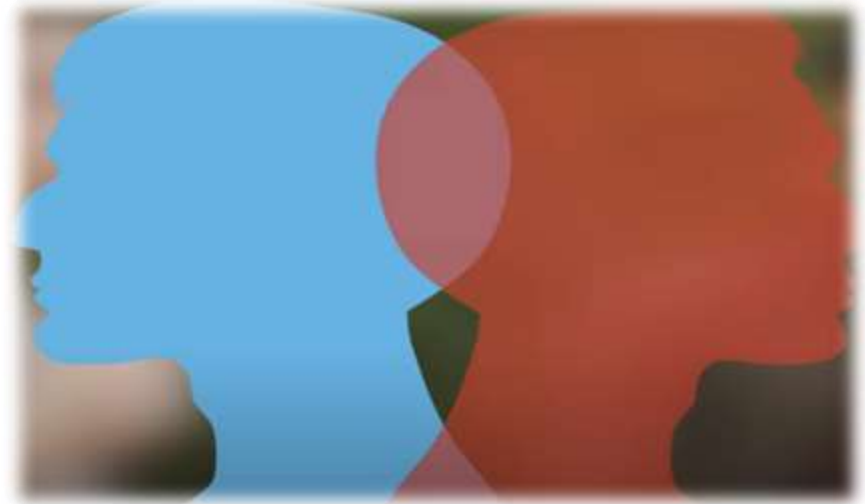
<https://www.virtuallibrary.info/paraphrasing.html>

Paraphrasing!

Makes people feel they are worth and notice that you are **listening** to them!

Halo Effect

Great way to **connect** with new people! Where you can spot out **something in common...**



Theories about the mind

Psychology

Behaviourism

This branch of psychology disagrees with the psychoanalytical approach of introspection and **focuses on how external environments impact behaviour**.


B.F. Skinner's 'operant conditioning' model accepted and acknowledged the **role of thoughts and emotions** as influencing one's behaviour.

This was in contrast to the previous theory of 'classical conditioning' that focused only on external stimuli.

Cognitive Psychology

It is the field of psychology that aims to understand our **higher-level mental processes**, such as attention, creativity, language, memory, perception, problem-solving, thinking, and their impact on behaviour.

The process of language acquisition, the impact of language on mood and behaviour, and other related topics are helping researchers identify learning disabilities at an early age. The studies on attention and memory have led to significant gains in treating Attention Deficit Hyperactivity Disorder (ADHD).



Behaviourism, **together** with cognitive psychology, is widely used as **Cognitive Behaviour Therapy (CBT)** to treat disorders, such as anxiety, depression, mood disorders, phobias, and Post-Traumatic Stress Disorder (PTSD), among others.

Activity 2



In the picture was there:

	<u>YES</u>	<u>NO</u>
1. An automobile?	_____	_____
2. A man?	_____	_____
3. A woman?	_____	_____
4. A child?	_____	_____
5. An animal?	_____	_____
6. A whip?	_____	_____
7. A sword?	_____	_____
8. A man's hat?	_____	_____
9. A ball?	_____	_____
10. A fish?	_____	_____

Theories about the mind

Psychology

As you can see from the discussion, there is a plethora of perspectives on the functioning of the mind.

These are helpful branches of psychology.

However, truly meaningful and lasting improvements to the mind's activity cannot be accomplished without a profound comprehension of the mind in the context of all creation.

Book Club Case Study



A person has come across Bhagavat Gita and other divine books (Science of Mind Management!) and found them quite eye-opening to read!



However, he wants to study it all by himself. He does not believe in following any Guru or spiritual association. He is hesitant to follow anyone as he has heard stories of brain washing etc.

1. What would you recommend him?
2. Any experiences from your spiritual journey that you can share?
3. What lessons from Book Club have helped you on your journey so far!

Message to remember!

**Karma, yoga, aru gyana, sab, sadhana yadapi bakahan.
Pai binu-bhakti sabai janu, mritak deh binu pran.**

Although the scriptures describe the paths of karma, yoga and gyan, if these are without devotion, these paths are like a dead body with no soul.

(Bhakti Shatak, verse 8)

Meditation time!



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

THANK YOU FOR YOUR
PARTICIPATION!

Session Schedule (June 2021)

Session	Book Club	USA Time	India Time
1	Science of Mind Management	10 pm CST on Friday 4 June	8.30 am IST on Saturday 5 June
1	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 6 June	6.30 pm IST on Sunday 6 June
2	Science of Mind Management	10 pm CST on Friday 11 June	8.30 am IST on Saturday 12 June
2	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 13 June	6.30 pm IST on Sunday 13 June
3	Science of Mind Management	10 pm CST on Friday 18 June	8.30 am IST on Saturday 19 June
3	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 20 June	6.30 pm IST on Sunday 20 June
4	Science of Mind Management	10 pm CST on Friday 25 June	8.30 am IST on Saturday 26 June
4	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 27 June	6.30 pm IST on Sunday 27 June
5	Science of Mind Management	10 pm CST on Friday 2 July	8.30 am IST on Saturday 3 July

Book Club: Reminder



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