

# Book Club: Science of Mind Management

Session 15

**JKYOG Center For Indian Culture & Education**

# Prayer

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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

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**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

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

# Recap

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Mind as a  
“factory”, 3  
mental states

Mind as “Enemy”  
and “Friend” &  
Thoughts

Inner & Outer  
worlds, Thoughts->  
Destiny, Blessings

Theories about  
the Mind  
(Psychology)

# Reading Time!

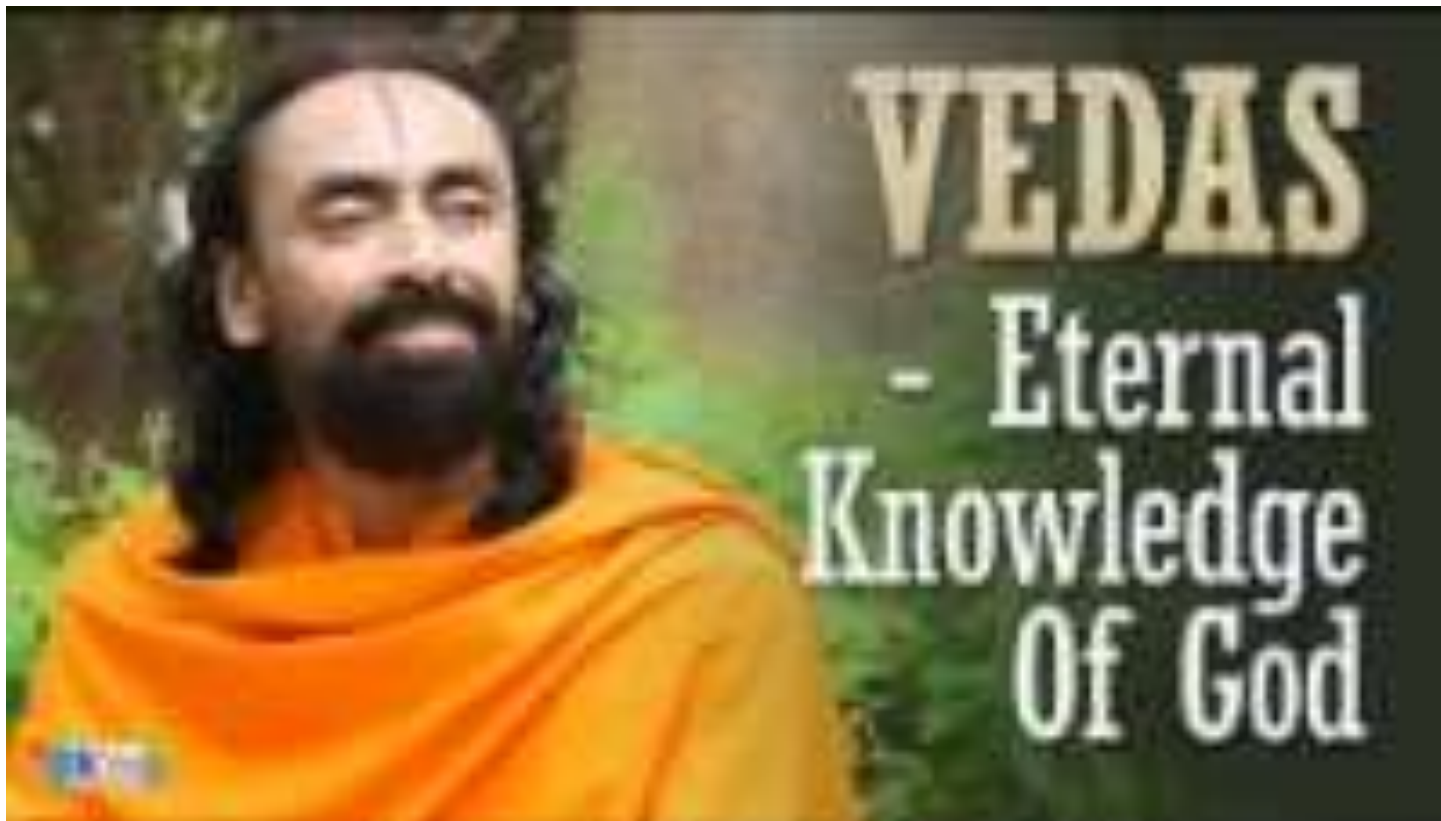
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## ***The Ancient Science of Vedic Psychology***

- Refer Book - Pg. 32 (Kindle)
- Ch. 2: **Afflictions of the Mind**
- *Let us Read the book - highlights!*

## Video 2

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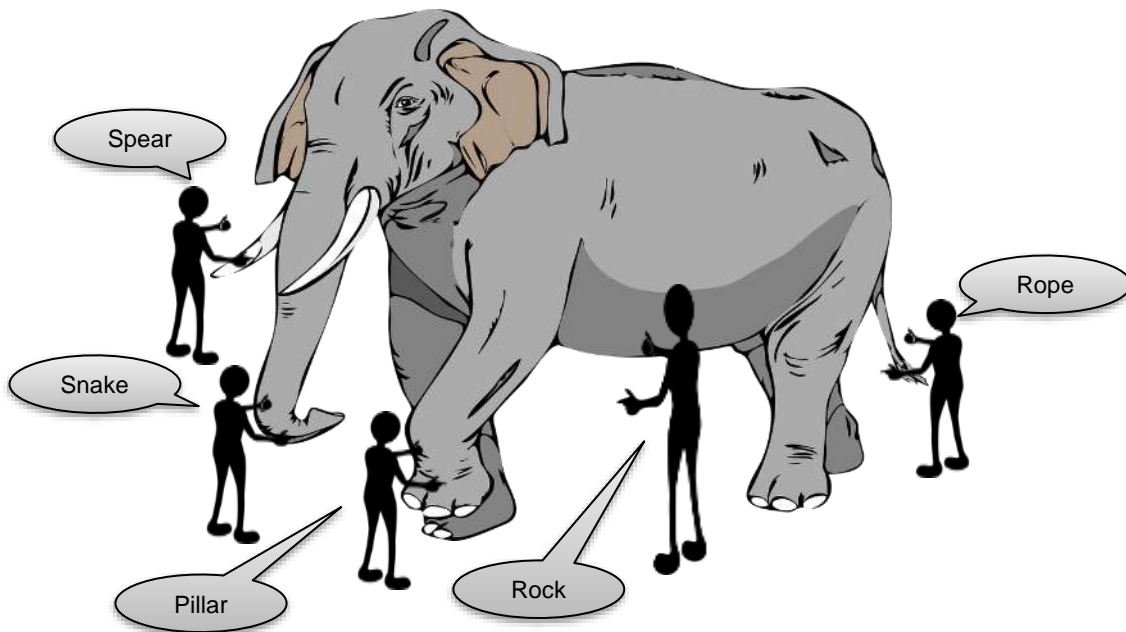


# Plethora of Mind Theories!



There is a plethora of perspectives on the functioning of the mind. These are helpful branches of **psychology**

## Five Blind Men & An Elephant



## “Theories” about the mind!





**Cognitive Behaviour Therapy (CBT)** to treat disorders, such as anxiety, depression, mood disorders, phobias, and Post-Traumatic Stress Disorder (PTSD), among others.

[illegible]

**However, can they really treat the “root cause”? No**

# Meaningful Progress of the Mind?



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.



- Who am I?
- What is my purpose?
- Why has the universe been created?
- Who created all this?
- Why am I constantly searching for knowledge, life and bliss?

# Video (Scientific perspectives on the Vedas)



# Vedic Psychology: Infallible knowledge



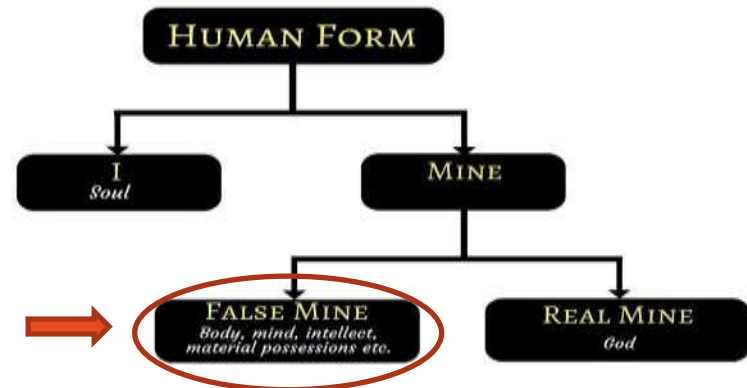
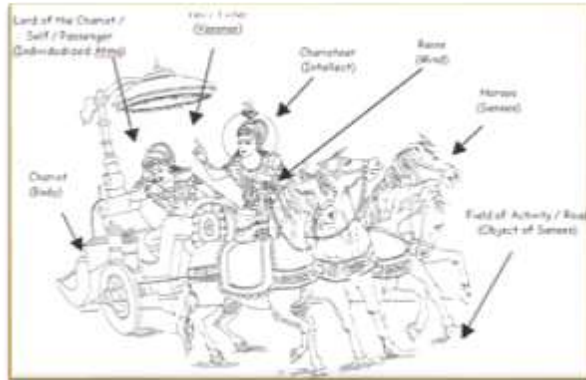
Astonishingly, the science of the mind was perfectly explained 5,000 years ago in the ancient Vedic scriptures.

how?

This science, which we can call Vedic psychology, describes the mind's working so clearly that, in contrast, the **empirical theories of modern psychology pale in significance.**

where?

Vedic psychology is elaborated in great detail in the Upanishads and the Bhagavad Gita, along with other Vedic scriptures. These ancient texts have been greatly acclaimed by several famous western scholars.



# Scientists, Philosophers, Writers – all say this!



Whenever I have read any part of the Vedas, I have felt that a divine light illuminated me. In the great teaching of the Vedas, there is no touch of sectarianism.

*Henry David Thoreau, American writer and philosopher*

The Bhagavad Gita is one of the clearest and most comprehensive summaries of the perennial philosophy ever to have been done.

*Aldous Huxley, **English** writer*



Access to the Vedas is the greatest privilege this century may claim over previous centuries.

*J Robert Oppenheimer, **American** nuclear physicist*

When we read the philosophical monuments of the East, above all, those of India, we discover in them, many truths so highly elevated in contrast to which the European genius has stopped, that we are constrained to bend our knees before the philosophy of India.

*Victor Cousin, **French** philosopher*

When I read the Bhagavad Gita, and reflect about how God created this universe, everything else seems so superfluous.

*Albert Einstein, **American** scientist*



There is nothing in this world as elevating as the Upanishads. They have been the solace of my life and they shall be the solace of my death.

*Arthur Schopenhauer, **German** philosopher*

# Book Club Interactive Activity

Real life story:



1. How did you get introduced to Vedic knowledge first?
2. Which scripture do you love the most
  - a. Bhagavat Gita, b. Ramayan, c. Mahabharat, d. Upanishads, e. Puranas / other
3. Share an experience of knowledge from a Vedic scripture changing your life! (or helped someone through tough times e.g. depression, anxiety, disease)

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	<del>Science of Mind Management</del>	<del>10 pm CST on Friday 18 June</del>	<del>8.30 am IST on Saturday 19 June</del>
3	<del>7 Divine Laws to Awaken Your Best Self</del>	<del>8 am CST on Sunday 20 June</del>	<del>6.30 pm IST on Sunday 20 June</del>
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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