

# Book Club: Science of Mind Management

Session 16

**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 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

# 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: **Diseases of the Mind / Anger**
- **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)



Vedic Psychology  
& Mental  
Afflictions

# Reading Time!

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- Refer Book or Kindle
- Ch. 2: **Afflictions of the Mind**
- *Topic: **Diseases of the Mind + The Disease of Anger**  
(part 1 today)*

*Let us Read the book - highlights!*

# Diseases



# We all have mental illness!

- Scriptures refer to anger, envy, greed, desire etc. as *mānas rog*
- They afflict all of us in the world of maya but **we do not realize**
- We know we get angry or envious but we do not know that anger and envy are **diseased conditions**.
- Instead, we write them off as ‘human nature’ or a ‘natural tendency’. And since we are unaware of their effect on our overall health and wellbeing, **we do not try to cure them**.

These mental diseases are so overpowering that even governmental laws are unable to keep them in check. People know that violence can result in imprisonment, and yet when angry, they do not hesitate to transgress the law. They know that the consumption of narcotics is illegal, but still, driven by desire, they remain addicted. Why? Why is it that we behave in ways that do us more harm than good?



  
We heal the  
world by  
healing our  
*mind.*

THE ONLY THING MORE  
EXHAUSTING THAN HAVING  
A MENTAL ILLNESS IS  
PRETENDING LIKE YOU DON'T.

— UNKNOWN



# Anger survey!

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**Go to Menti.com and enter code on screen!**

Or click on the URL in chat window

<https://www.menti.com/en4r4ws6up>

# Anger survey!

Mentimeter

## How do you handle your anger? (be truthful!)



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# Anger survey!

Go to [www.menti.com](https://www.menti.com) and use the code 9483 5068

## How often do you get angry in a week?

Mentimeter



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# Video on Anger

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<https://youtu.be/rdmQwCopmMc>

# Anger: one of the grossest afflictions

- Disturbs our inner poise
- Causes a negative changes to brain & rush of blood
- We often regret what we say or do when angry!
- Later, we wonder how we succumbed to it.
- Anger remains inside us for longer than the provocation
- *Story: man hits the boy's fingers in anger & later regrets!*
- Anger makes us forget civility, good manners and kindness; we forget basic respect, empathy, and compassion.
- *A father and son story – hammer and ten nails with marks*



# Bhagavat Gita on Anger

**BG 2.63:** Anger leads to clouding of judgment, which results in bewilderment of the memory. When the memory is bewildered, the intellect gets destroyed; and when the intellect is destroyed, one is ruined



Anger impairs judgment. In anger, people commit mistakes that they later regret, because the intellect gets clouded by the haze of emotions. People say, "He is twenty years elder to me. Why did I speak in this manner to him? What happened to me?" What happened was that the faculty of judgment was affected by anger, and hence the mistake

When the intellect is clouded, it leads to bewilderment of memory. The person then forgets what is right and what is wrong, and flows along with the surge of emotions. The downward descent continues from there, and bewilderment of memory results in destruction of the intellect. And since the intellect is the internal guide, when it gets destroyed, one is ruined. In this manner, the path of descent from divinity to impiety has been described beginning with contemplation on the sense objects to the destruction of the intellect.



क्रोधाद्भवति सम्मोहः सम्मोहात्स्मृतिविभ्रमः ।  
स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ॥ 63॥

## More on controlling Anger? **next session!**

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- The question now before us is this: How can we overcome anger? Why does anger arise and is there any permanent solution to overcome it?
- **In order to answer this question, we first need to understand another mental affliction. Greed**

# Book Club Interactive Activity



1. Share your thoughts on today's lesson on anger!
2. What practical approaches have you used to handle / reduce anger?
3. In the scenario above, what would you tell the disciple – “who resolved to never get angry!”



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	<del>Science of Mind Management</del>	<del>10 pm CST on Friday 2 July</del>	<del>8.30 am IST on Saturday 3 July</del>
5	<del>7 Divine Laws to Awaken Your Best Self</del>	<del>8 am CST on Sunday 4 July</del>	<del>6.30 pm IST on Sunday 4 July</del>

# Book Club: Reminder

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