

Book Club: Science of Mind Management

Session 18

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 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



**Guided
Reading**



**Practical tools
and techniques**



**Introspective
activities**



**Spiritual
Stories**



**Topic related
Meditations**



**Fortnightly
Quiz**



**Quote of the
day**



**Session
summary**



Email Digest

Recap



Mind as a
“factory”, 3
mental states



Mind as “Enemy”
and “Friend” &
Thoughts



Inner & Outer
worlds,
Thoughts->
Destiny,
Blessings



Mind Theories &
Mental Afflictions



Disease of
“Anger” &
“Greed”

Today's Agenda

- Quick Recap
- Book Reading / Video
 - SOMM, Ch 2: **Afflictions of the Mind**
 - Topic: **Affliction of Desire (pg. 39 in Kindle edition)**
- **Visual Summary & Recap** of concepts
- **Practical** Application / Meditation
- Experience Sharing

- **Let us read the book!**

Let us Play: Game of Desires!

Raise Your Hand (and keep it raised) if you have any of the below desires!

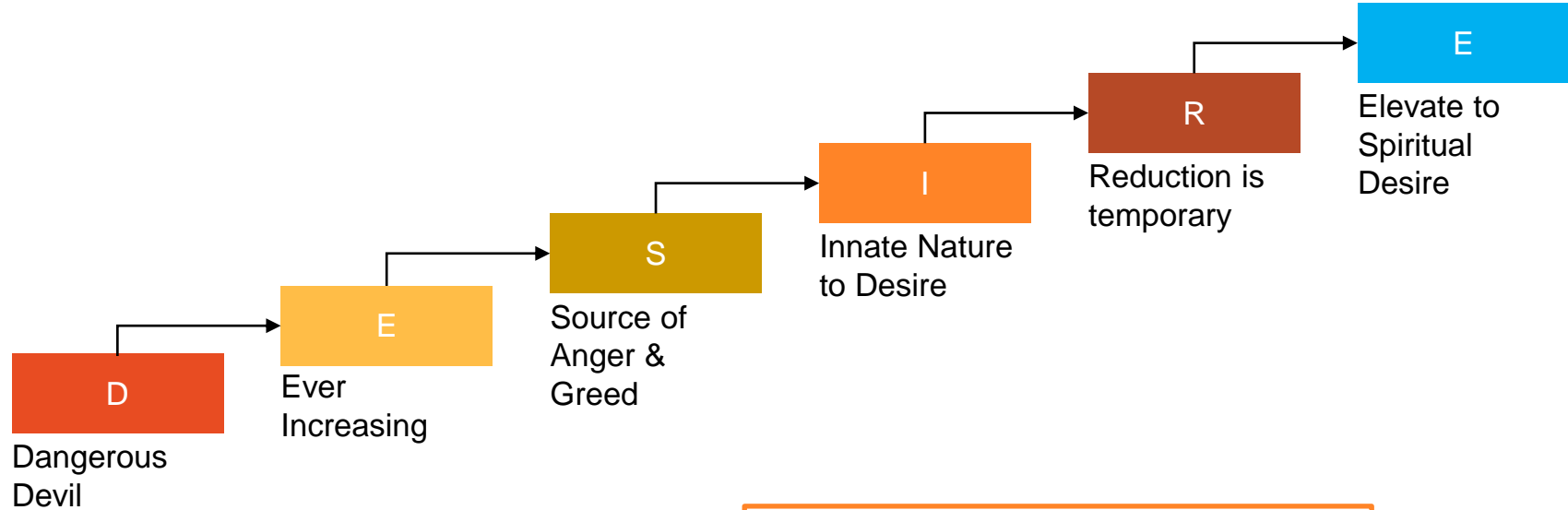


Now, guess the desire linked to this place!



VISA God (Chilkur Balaji Temple, Hyderabad): more than 5000 visitors every day! And records break in peak season including after exams

The Ladder of Desires!



We will study (climb) this ladder today!

The Affliction of Desire



- To want, long, or hope for something is *kāmanā* (desire).
- It is fundamentally of five kinds—the desire to see, the desire to hear, the desire to smell, the desire to taste, and the desire to touch. **Together, these are called *kām* (lust), and referred to by one word, ‘desire.’**
- Desire is universally singled out in all the Vedic scriptures as the **worst mental affliction**. **Why is desire considered such a big culprit?**
- In anger, people destroy life and property. In greed, they waste their whole life accumulating meaningless things. But in desire, they only hanker for gratification and indulgence. **So, isn’t desire relatively less of a problem? No, it is not!**

Is Desire Dangerous?

Vedas say disease of **Desire** is **more dangerous than both anger and greed. Consider:**

The *Sūkti Sudhākar* states:

*kuraṅga mātaṅga pataṅga
bhṛiṅga, mīnāhatāḥ
pañchabhireva pañcha
ekaḥ pramādī sa katham na
hanyate, yaḥ sevate
pañchabhireva pañcha*

All these DIE in pursuit of the pleasure of one of the senses. What will happen to the human who is chasing all five objects of gratification? **Man with five wives!**

TASTE: A **fish** attracts its own demise by getting caught in fisherman's trap with food as lure

SEE: Moth gets attracted to light, and dies by burn



SMELL: A **bee** gets stuck in a lotus flower and gets eaten by an Elephant

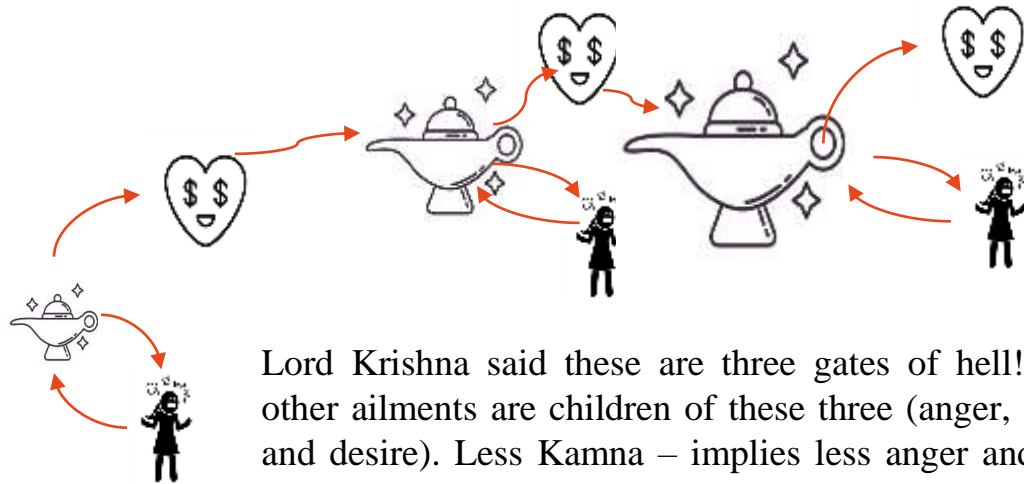
TOUCH: **Elephant's** desire for touch makes it fall in trap laid out by hunter with female elephant

SOUND: **Deer** loves particular sounds and gets trapped by hunters

Desire – mother of Anger, Greed

- In our last session on Anger, many of us said we have ANGER problem – For all those who acknowledged- **The mother of Anger is there too as the child is there!**
- Fulfillment of desire leads to greed. Desire comes back with REDOUBLED INTENSITY
- Gulab Jamun - got a pack and kept at table. You went to gym and returned and found no gulab jamun. Wife said threw it! Anger comes!
- Some simple people think – IF ONLY this ONE DESIRE gets fulfilled, I would be content – you are fooling yourself. E.g., Itch, it comes back after a few minutes or hours with more intensity
- **Our scriptures declare: if you have no desires left – you will become like God!**

Desire is the mother of anger and greed



Lord Krishna said these are three gates of hell! All other ailments are children of these three (anger, greed and desire). Less Kamna – implies less anger and less greed. More kamna – implies more anger and more greed. So, **once you create a desire – you get trapped!**

Pop-Quiz

Do you believe law of attraction works?

















- a) yes, always
- b) yes, partially
- c) no, never
- d) don't know what is law of attraction

Raise your hand to speak or type in your answer in chat!

Latest Research

Reiss Motivation Profile

The 16 Basic Desires of Human Nature

	Acceptance: the desire for positive self-regard		Order: the desire for structure and stability
	Beauty: the desire for aesthetically appealing experiences		Physical Activity: the desire for muscle exercise
	Curiosity: the desire for understanding		Power: the desire for influence of will
	Eating: the desire to consume food		Saving: the desire to collect things
	Family: the desire to raise children and spend time with siblings		Social Contact: the desire for companionship with peers
	Honor: the desire for upright character		Status: the desire for respect based on social standing
	Idealism: the desire for social justice		Tranquility: the desire to avoid experiencing anxiety and pain
	Independence: the desire for self-reliance		Vengeance: the desire to confront those who frustrate or offend us

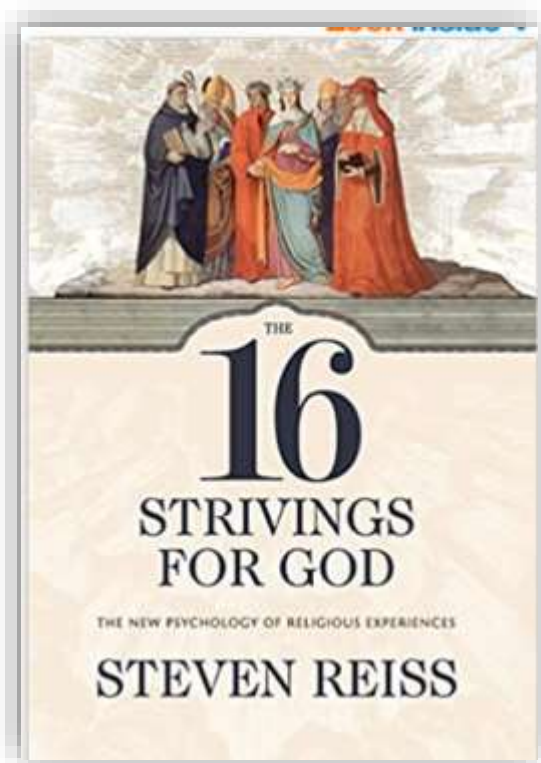


Image credit: <https://www.reissmotivationprofile.com/>

It is in our Innate Nature to Desire!

Every person is unhappy , not at peace and running for something. What is the reason? All the mental disease – anger, greed, hatred, etc. Physical ailments are also causing problems but lesser. 99% of physical ailments are caused by Mental diseases – manas rogs. Doctors say tension has caused it ! Even those like Bill Gates who have everything are in tension and stressed – (news!).

And not just humans – **animals** (live in fear). Even the **Celestial** Gods (devtas) too - Indra, Kuber (Celestial God of Wealth) – they just don't have old age, death and physical ailments – mental ailments are all there and even more severe!

In the influence area of Maya and till God Realization (when Maya goes away) – these manas rog will REMAIN

Vedas say - Sa yatha kamo bhavati, tad kratur bhavati, karm kurute, tadabhi sapadhayte . As we desire, we ultimately become like that!

Pratyaksha & Paroksha: things we can touch, taste we create desires

Kamna or to Desire is INNATE to our NATURE as divine souls. Worldly desires are a perverted reflection of the desire for divine love.



Weakness or fasting temporarily reduce desires

When one gives up eating, as in a fast, the desires of the senses become feeble. Similarly, in sickness one loses interest toward the objects of enjoyment. These states of dispassion are temporary, for the seed of desire remains within the mind. Again, **when the fast is terminated or the sickness goes away, the desires return.**



What is this seed of desire? It is the intrinsic nature of the soul for the divine bliss of God, of whom it is a tiny fragment. Until it gets that divine bliss, the soul can never be contented, and the search for happiness will continue. *Sādhaks* (spiritual aspirants) may forcibly restrain their senses with their will power, but such restraint is temporary because it does not extinguish the internal flame of desire.



From the WhatsApp Factory!



https://www.facebook.com/watch/?v=3919045641554138&extid=NS-UNK-UNK-UNK-AN_GK0T-GK1C

The eternal solution!

- From Vedas to Ramayan – **all are saying LEAVE desires – and become God like – but how?** Even big personalities like Vishwamitra ji – had anger and hatred for Vasishta ji.
- Maya only goes when God realization happens. Till then impossible. If someone says I do not get angry, I have not desire – all are false statements. The mother Maya is there!
- **Prahladji requested** Narsingh avatar to become desire less !
But how do we do that?

What is the VACCINE for this virus of Desire!
Vaccines try to kill the disease-causing agent. If the cause is addressed, then the symptoms will also go away

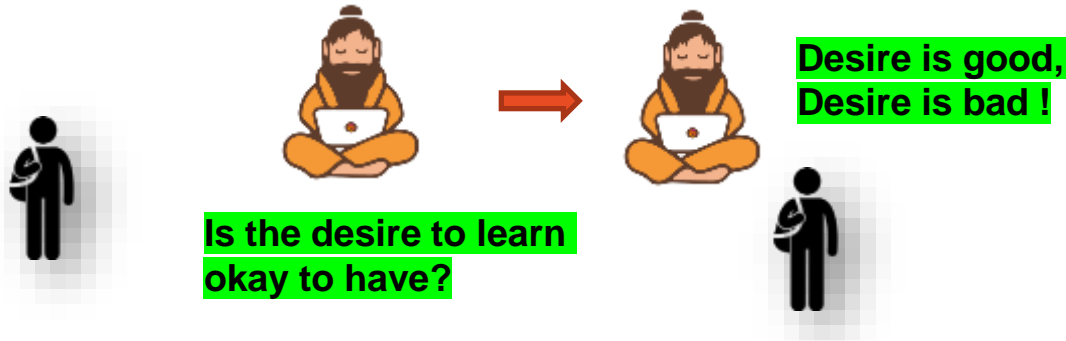
When the soul attains God, it becomes satiated in bliss. Then, one naturally develops dispassion toward the lower sensual pleasures. Thus, the ***Bhagavad Gita*** does not teach a dry suppression of desires, instead it teaches the beautiful path of **sublimation of desires** by directing them toward God.



**VACCINE for the virus of
Desires = turn all desires
to the Lord!**

The Saint Ramakrishna Paramahansa expressed this principle very eloquently, when he said: “Devotion is love for the highest; and the lowest shall fall away by itself.”

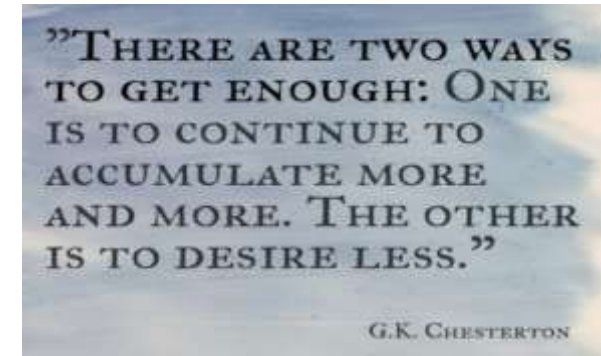
Book Club Interactive Activity



1. Share your thoughts on “desires”!
2. Share tools to reduce/sublimate desires!
3. What would you tell the disciple who wanted to know if desire to learn is okay to have?



Vs.



Next Session!

In this manner, a host of mental afflictions arise from desire. Now, let us look at the reverse of this. If we eradicate desire, greed will naturally disappear and so will anger. In that case, none of the other sequential afflictions after anger will arise. The mind will be mastered merely by the conquest of desire.

If desire is the cause of all problems, let us see what is it that gives rise to desire.

THANK YOU FOR YOUR
PARTICIPATION!

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