

Book Club: Science of Mind Management

Session 19

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

Recap



Mind as a
“factory”, 3
mental states



Mind as “Enemy”
and “Friend” &
Thoughts



Inner & Outer
worlds,
Thoughts->
Destiny,
Blessings



Mind Theories &
Mental Afflictions

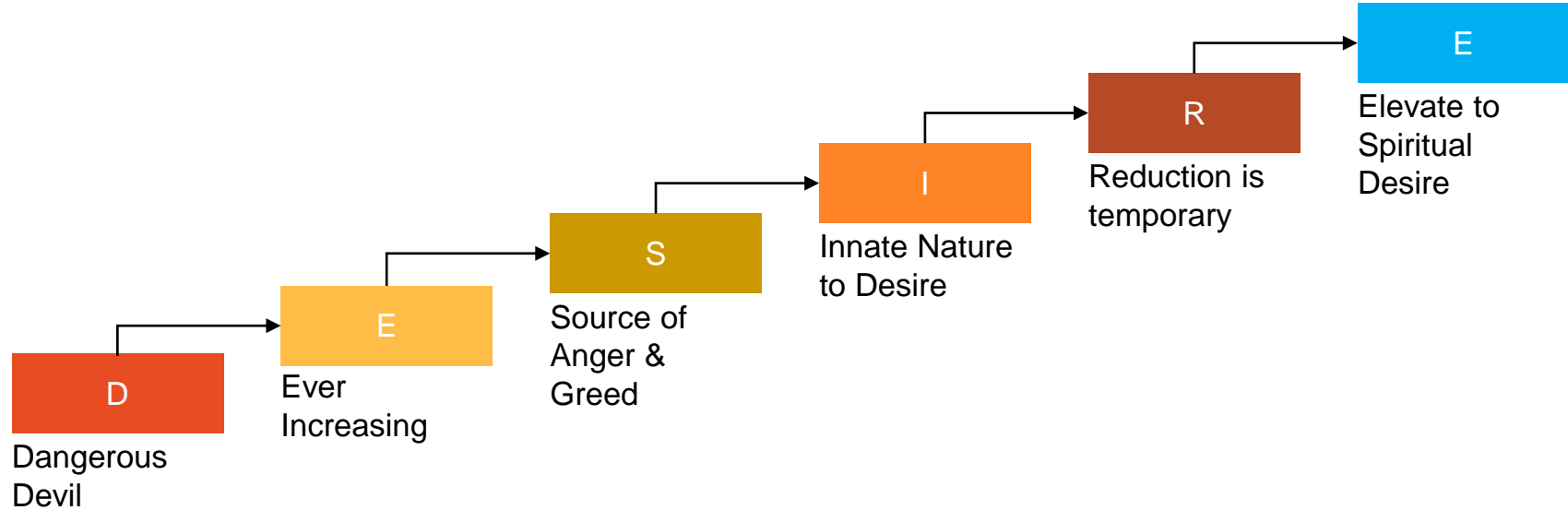


Disease of Anger,
Greed and the
mother - Desire

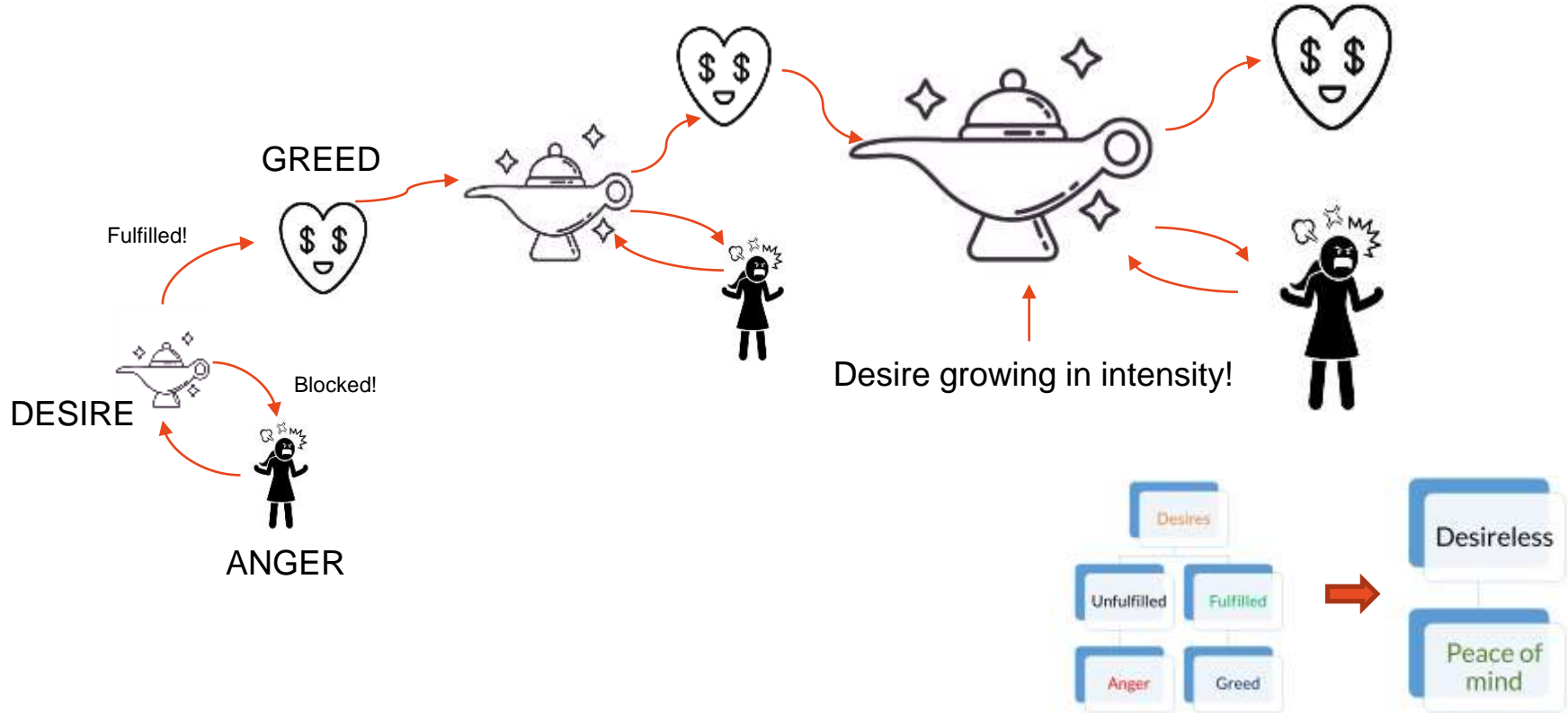
Today's Agenda

- Quick Recap
- Book Reading / Video
 - SOMM, Ch 2: **Afflictions of the Mind**
 - Topic: **Malady of Attachment** (pg. 49 in Kindle edition)
 - **Note: Topics of Anger and Greed Arising from Desire** were covered in previous sessions on Anger and Greed.
- **Visual Summary & Recap** of concepts
- **Practical** Application / Meditation
- Experience Sharing
- **Let us read the book!**

Recap: The Ladder of Desires!



Recap: Desire – mother of Anger, Greed



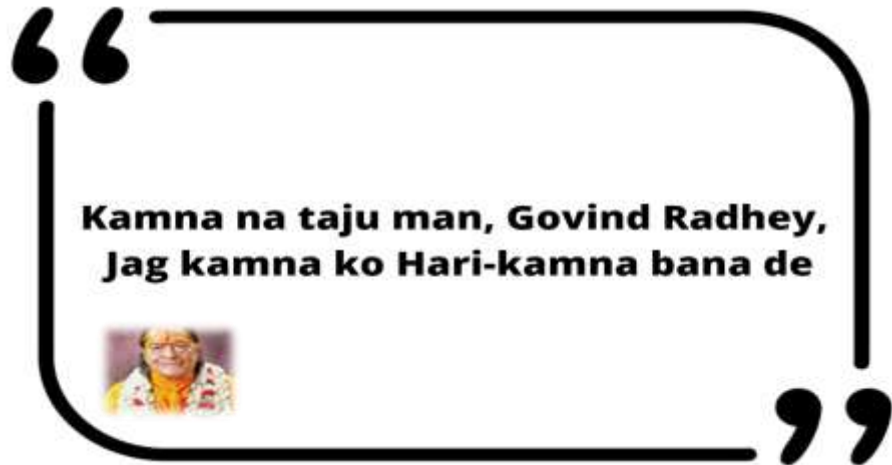
Recap The eternal solution!

- 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 Vasishtha 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.”

Pop-Poll

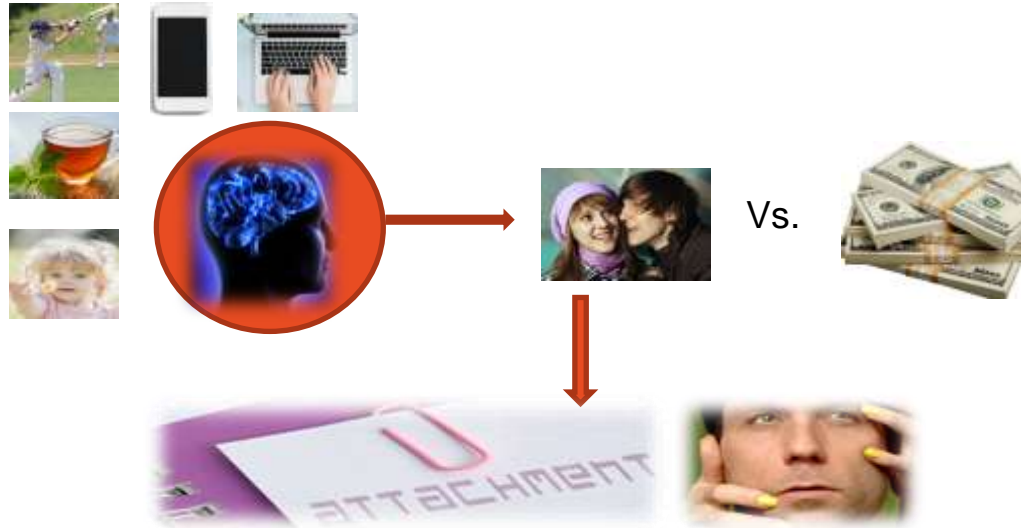
What are most people **attached** to?

- a) Money
- b) Status / Designations
- c) Power
- d) Material Objects (cars, electronics, house)
- e) Family Members

**Raise your hand to speak OR
type in your answer in chat!**

What causes variety of material desires!

- We all experience different desires. While reading this book, someone's mind may wander to tea, another's mind may start thinking of cricket, while yet another's mind may ramble towards her child. **Why is it that the minds of individuals generate such dissimilar desires?**
- What is causing this variety of cravings? One person desires prestige to the extent that he is willing to give fifteen lectures a day to get elected. Another desires money to the extent that he neglects his family to earn it. The third desires his paramour and is willing to sacrifice all his wealth on her.
- **A Great teacher may not be able to teach her own son; A great Doctor may be unable to operate on his child**



Factor of Mind, not of intrinsic qualities of object.

Bottomline: When our mind is attached to something, we experience desire for it. **The cause of desire is attachment.** The mind is a frequent visitor to the things and people it is most devoted to. In other words, if one is attached to alcohol, the desire for alcohol comes frequently to the mind. If attached to cigarettes, then thoughts of the pleasure of smoking cigarettes continually flow in the mind, creating a craving for them. In this way, attachment leads to desire.

Attachment is not from properties of object!

- For example, alcohol is foul smelling. Yet, the same foul smell is so enticing to an alcoholic that, when he passes by the pub, he begins swaying. The difference is due to attachment.
- Smoke from cigarettes is awful. Then, why is it so attractive to the addict? Because of his own attachment to it. It is not the intrinsic property of cigarettes, but the attachment within the addict's mind that creates a craving for them
- This point may seem to go against common sense. It would seem logical to think that the intrinsic qualities of an object make us desire it. But this is really not the case.
- Remember the story of the mother who lost her child in a fair!

It is our attachment to an object, not its intrinsic properties, which create desire for it.

Thus, the cause of desire is determined—it is attachment. The full link is now clear. If we harbour attachment, it will lead to desire; from desire will arise anger and greed. From anger will arise subsequent afflictions like illusion. Conversely, if we can eliminate attachment, there will be no scope for desire, and all subsequent afflictions will automatically cease.

*Desire is like a
storm*

*Greed is like a
whirlpool*

*Attachment is like
an avalanche*



Attachment: positive & negative (Raag/Dwesh)

- Detachment is *Vairagya*; Attachment is *Anuraag*
- *Raag* means mind going to that object or person
- Neither positive attachment to the world, nor negative (hatred)
- Sufi saint Usman spat paan on him. Saint Usman remained totally cool and said oh Lord you are very gracious ! I was worthy of fire and you only sent paan!
- Resentment is like drinking poison and hoping the other person dies
- In Sadhana Karu Pyare, Swami ji describes we should NOT see faults in others. The general thinking becomes I am alright, others are wrong. We will not see our own faults then. Pride will increase further
- Story of two sons whose father asked them to wake up early for Yoga. One woke up, other didn't. The one who woke up kept thinking how bad the other son is.

In the spiritual life one
becomes just like a little
child, without resentment,
without attachment, full of
life and joy.

Paramahansa Yogananda

Attachment to Inaction!

Do not be attached to inaction

- Although the nature of the living being is to work, often situations arise where work seems burdensome and confusing. In such cases, instead of running away from it, we must understand and implement the proper science of work, as explained by Shree Krishna to Arjun. However, it is highly inappropriate if we consider work as laborious and burdensome, and resort to inaction.
- Becoming attached to inaction is never the solution and is clearly condemned by Shree Krishna.

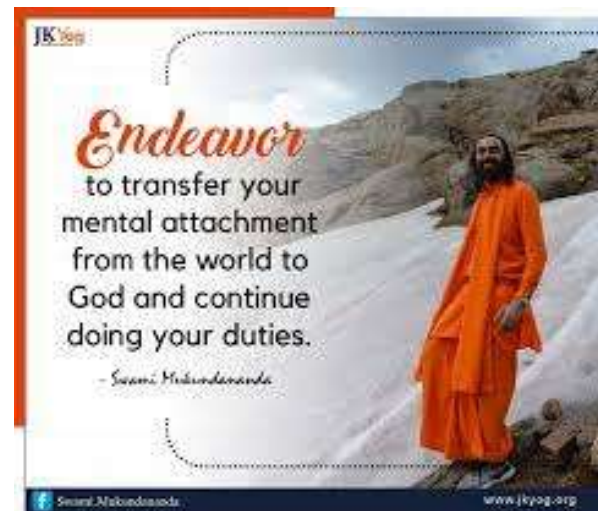
<https://www.holy-bhagavad-gita.org/chapter/2/verse/47>



Reference Video

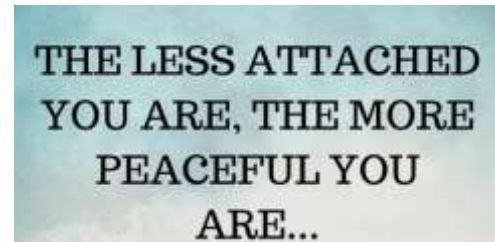
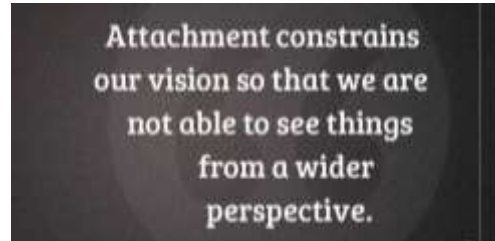
- <https://youtu.be/8GHaxibVNPE?t=446>

Powerful Reminders!



Book Club Interactive Activity

1. Share your lessons on attachment!
2. Share tools to reduce worldly attachment & spiritual progress!
3. How can we decide which attachments are good and which are not good for us?



O Master, is it proper for
a monk to use email ?

Sure! As long as there
are No "Attachments"



Next Session!

The Impact of Repetitive Thinking!

THANK YOU FOR YOUR
PARTICIPATION!

Book Club: Reminder



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**Practical tools
and techniques**



**Introspective
activities**



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