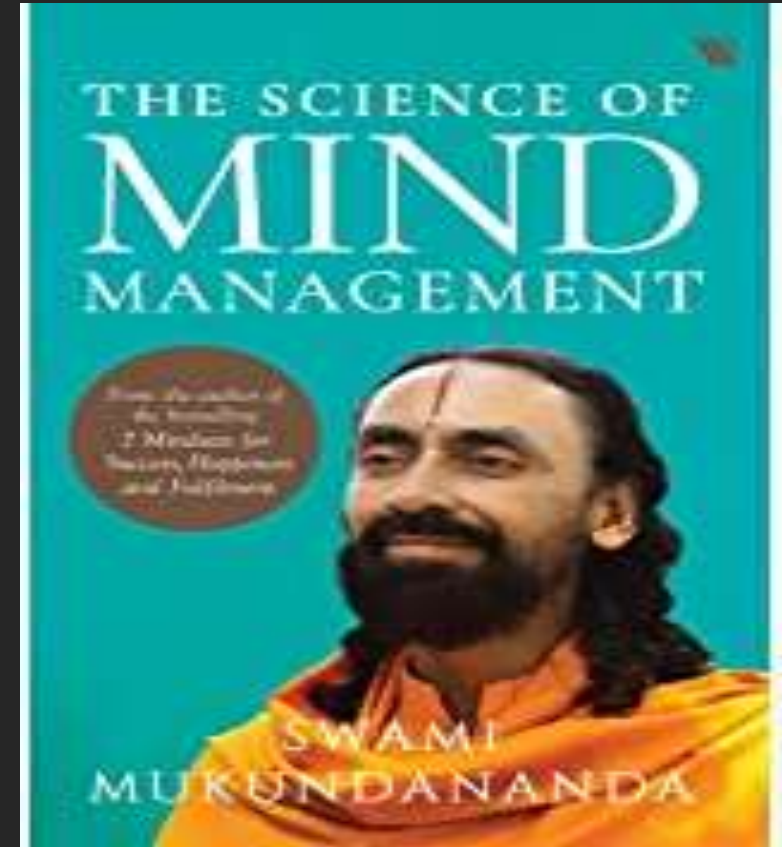


# JKYog CICE Presents Virtual Book Club

Session 2



Brought to you by JKYog - Center for Indian Culture & Education (CICE)

## 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

# Discussion recap from last week

- Mind creates our perceptions of happiness and distress
- The quality of life's experience depends on the state of mind!
- Hence, our duty in life is to carefully tend to our mind as a "fertile field" (and remove the weeds) - by learning the science of mind management
- Even a little time dedicated to acquiring the technology for mind management **reaps rich dividends**, enriching our life forever! (scriptures recommend **1/10th** of your time daily, roughly 2 hours)

# Video Time!

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# Guided Reading Time!

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Let us revise the key topics covered today!

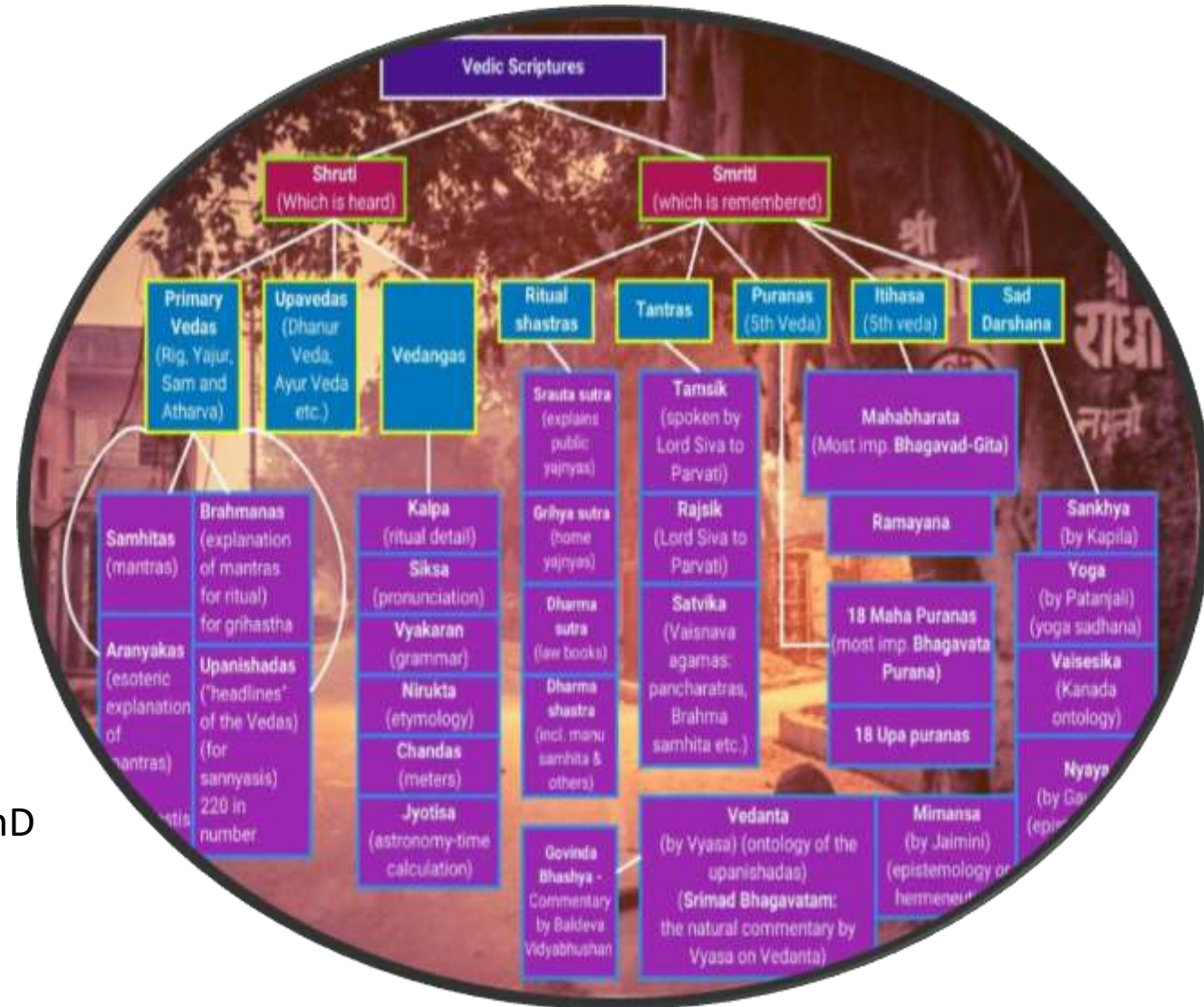
# Knowledge flows from Master to Disciple



"I learned these secrets from Jagadguru Shree Kripalu-ji Maharaj"

## Why learn from a Guru?

- Ascending vs. Descending process of learning
- Our scriptures provide an enormous body of knowledge (need >400 years just to read!)
- Vedas rely on "bhav-arth" not literal meaning (e.g., "atma" used in different contexts- soul, God)
- Guru knows our individual level, weaknesses and doubts and helps accordingly (imagine teaching a PhD subject to a Kindergarten student)



# Practical application of spirituality

- Spiritual knowledge is like **water vapor**. Without deep contemplation and practical application, all of it evaporates quickly (and **harms rather than uplift**).
- Spiritual knowledge gives rise to ego if not applied practically! (just like the boiling pot)



HOW? First step is to “understand genuine knowledge through a mix of logic, stories, examples, and scriptural quotations”

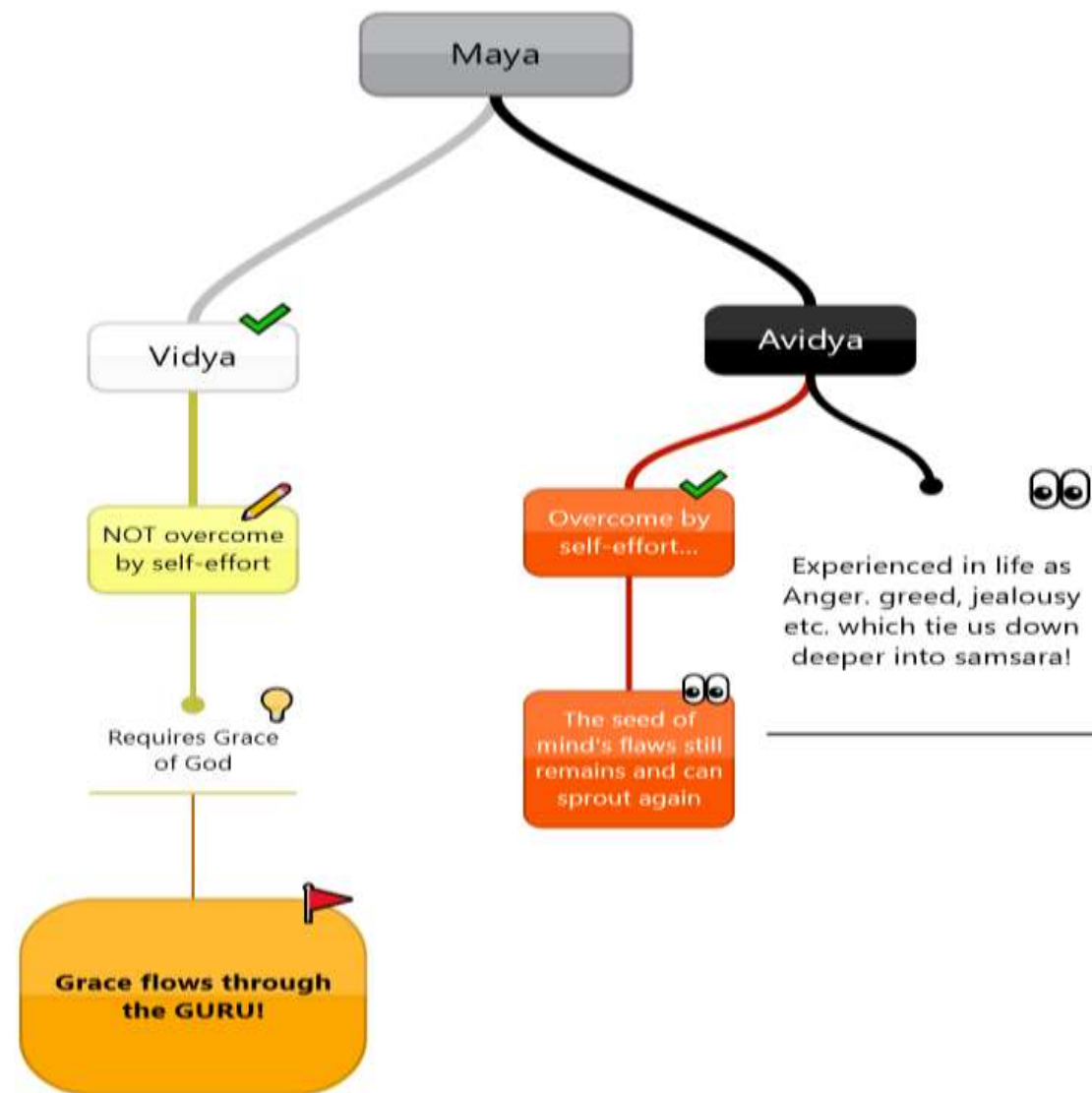
- **Systematic logic** convinces our intellect
- **Dramatic stories** are easy to remember
- **Scriptural quotations** provide authoritative validation
- Then practice, practice and practice BUT....

तू कहता कागद की लेखी मैं कहता आँखिन की देखी ।

# Knowledge realization needs the Grace of Guru

- Maya is of two kinds - one *vidyā*, one *avidyā*.
- So even if a *jñānī* gets the knowledge after doing *sādhana* in endless lifetimes, his *avidyā maya* can be eliminated but the *vidyā maya* cannot be finished
- **Eliminating *vidyā maya* requires the grace of God which flows through the Guru.**
- **Analogy:** cutting a weed's leaves and visible portion vs. its roots

**Hence, we invoke prayers to the Hari and Guru at the beginning of each session!**



# Powerful Stories!



- The Story of Jadbharat ji: attachment to a deer caused his downfall from such an elevated state!

- The Story of Saubhari Rishi reminds us of the same!
  - Bhagavat Gita verse 2.60:
  - यततो ह्यपि कौन्तेय पुरुषस्य विपश्चितः । इन्द्रियाणि प्रमाथीनि हरन्ति प्रसभं मनः ॥ 60॥
  - Senses are strong and turbulent and can carry away the mind



- Shankaracharya disciple story (Sananth) reminds us how a Guru can bless us with divine knowledge from within!

Swami ji said: “During the last thirty years, I have shared these principles with millions of people and seen them benefit from them.”

# Interaction Question(s)

1. How do you think studying Science of Mind Management will help you? What are the areas you want to improve as it relates to the Mind?
2. Share any example of personality with an “effectively trained mind” – material or spiritual both examples are welcome!
3. Share experience of any learning from a realized Guru or master

# Upcoming sessions!

***We will uncover powerful concepts (cause of anger, greed, attachment etc.) through real stories (e.g. Elvis Presley and Helen Keller) and will also watch Swami ji's video lessons together!***

***We will also have a fun Kahoot Quiz next week covering session 1 and session 2 content!***

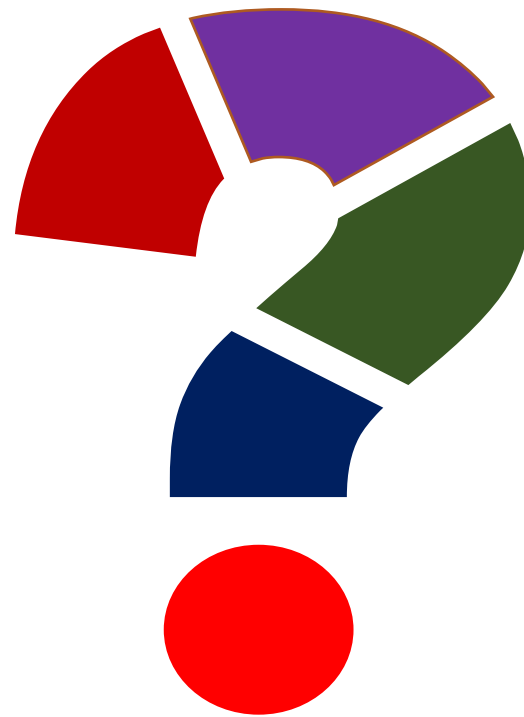
**Day Light Saving Note for India Participants:** Sunday, 14<sup>th</sup> March onwards, the India session timings will shift by an hour. The Science of Mind Mgmt. session will be held on 8.30 am on Saturdays (India Time), and 7 Divine Laws session will be on 6.30 pm on Sundays (India Time)

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| Session | Book Club                              | USA Time                     | India Time                              |
|---------|--|------------------------------|---|
| 2       | Science of Mind Management             | 10 pm CST on Friday 12 March | 9.30 am IST on Saturday 13 March        |
| 2       | 7 Divine Laws to Awaken Your Best Self | 8 am CST on Sunday 14 March* | <b>6.30 pm IST on Sunday 14 March*</b>  |
| 3       | Science of Mind Management             | 10 pm CST on Friday 19 March | <b>8.30 am IST on Saturday 20 March</b> |
| 3       | 7 Divine Laws to Awaken Your Best Self | 8 am CST on Sunday 21 March  | <b>6.30 pm IST on Sunday 21 March</b>   |
| 4       | Science of Mind Management             | 10 pm CST on Friday 26 March | <b>8.30 am IST on Saturday 27 March</b> |
| 4       | 7 Divine Laws to Awaken Your Best Self | 8 am CST on Sunday 28 March  | <b>6.30 pm IST on Sunday 28 March</b>   |

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# Question & Answers



**Radhey Radhey!**

**Heartfelt Thanks  
and Gratitude !!!**

**for your participation and the  
opportunity to serve you!**



# Reminder: What does the Book Club do?



**Guided Reading**



**Practical tools  
and techniques**



**Introspective  
activities**



**Spiritual Stories**



**Topic related  
Meditations**



**Fortnightly Quiz**



**Quote of the  
day**



**Session  
summary**



**Email Digest**