

# Book Club: Science of Mind Management

Session 20

**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 Impact of Repetitive Thinking (pg. 52 in Kindle)**
- **Visual Summary & Recap** of concepts
- **Practical** Application / Meditation
- Experience Sharing
- **Let us read the book!**

# Recap

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Mind as a  
“factory”, 3  
mental states



Mind as “Enemy”  
and “Friend” &  
Thoughts



Inner & Outer  
worlds,  
Thoughts->  
Destiny,  
Blessings



Mind Theories &  
Mental Afflictions



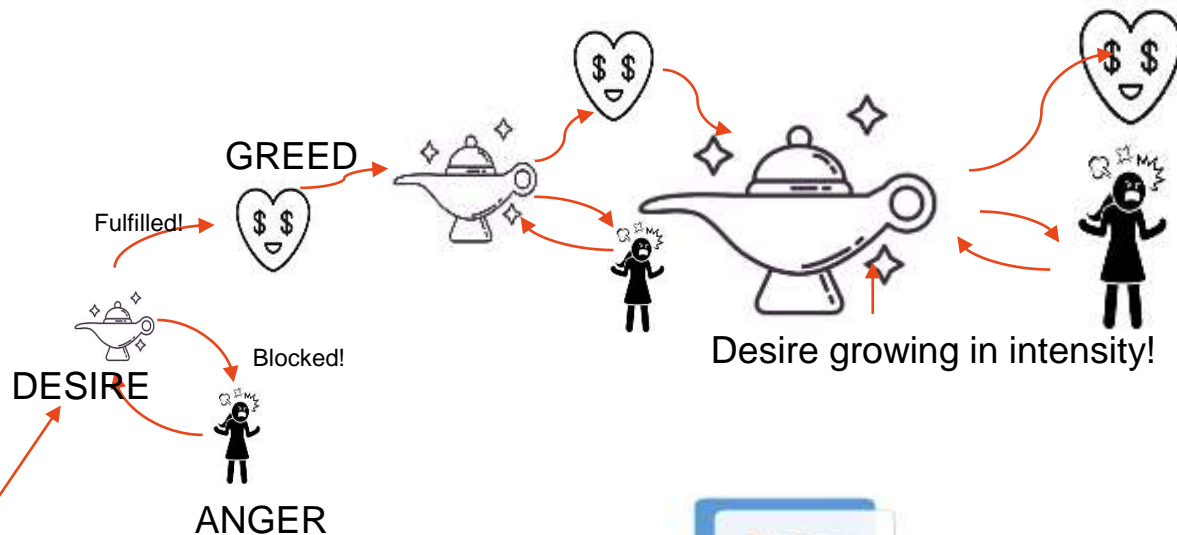
Anger, Greed  
from Desire,  
Attachment

# Recap: (Attachment -> Desire -> Anger, Greed)

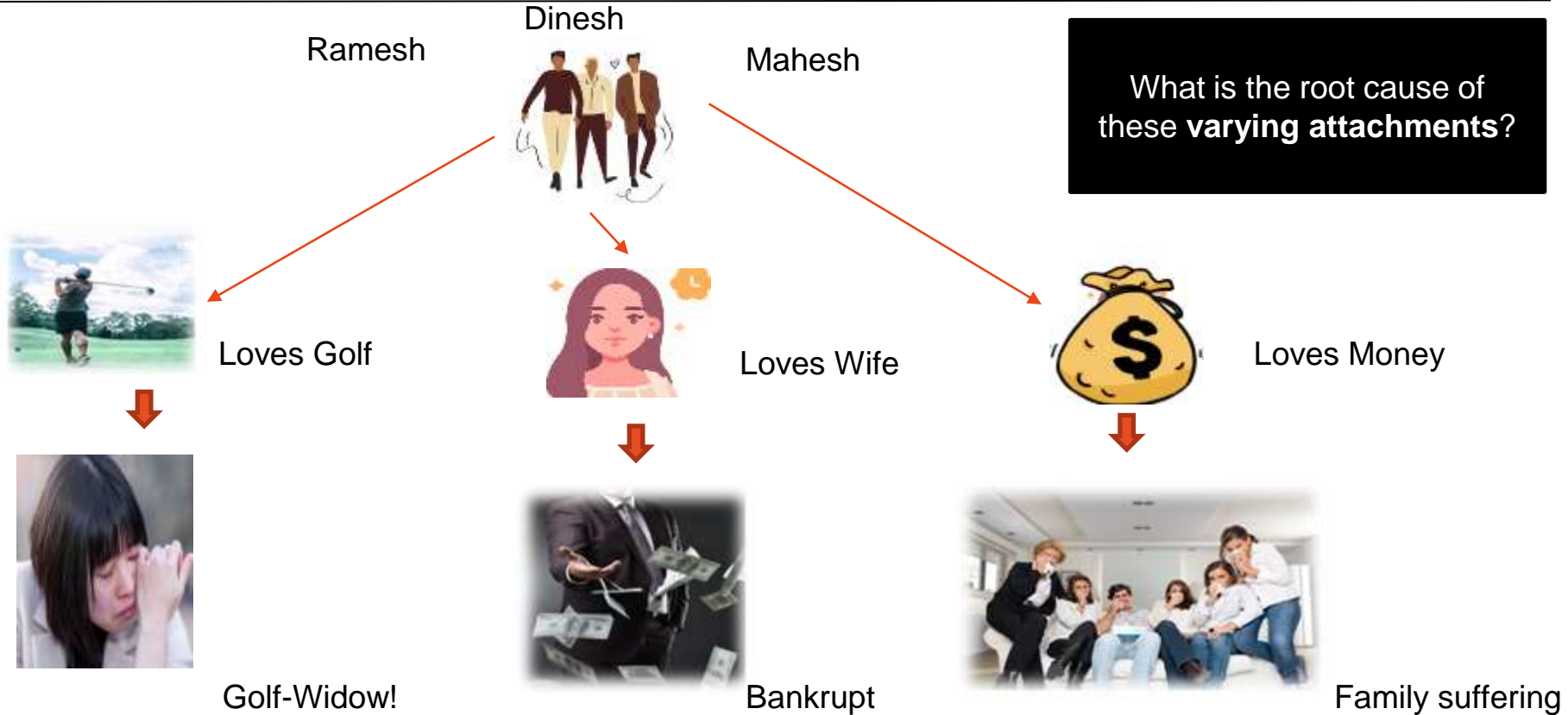
*Desire is like a  
storm*

*Greed is like a  
whirlpool*

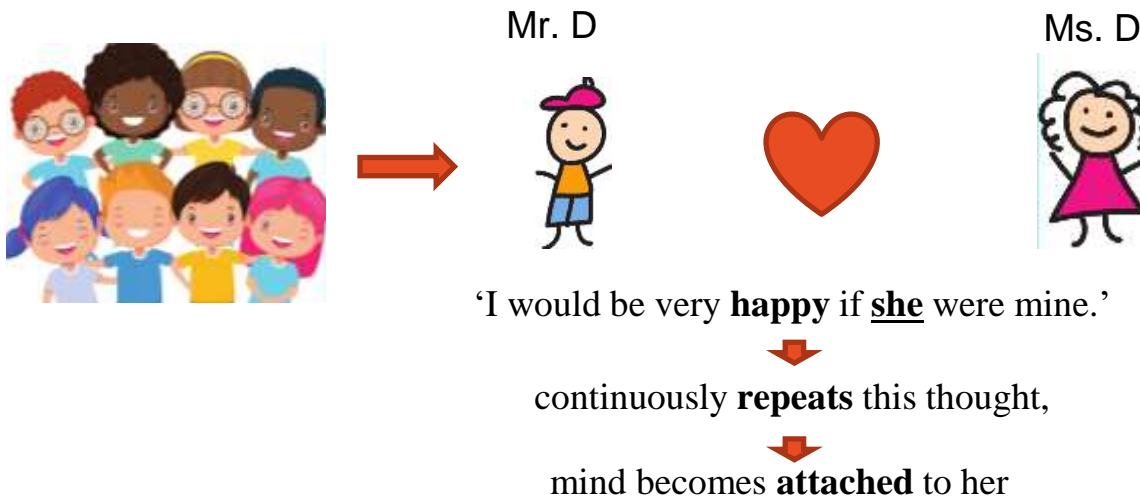
*Attachment is  
like an  
avalanche*



# Story of Three Friends!



# Impact of repetitive thinking!



The boy, unlike rest of his friends, repeatedly contemplated happiness in the girl, and his mind became attached to her.

- In a class many boys and girls interact innocuously with each other.
- One day, one boy notices something about a girl and starts thinking, 'I would be very happy if she were mine.'
- As he continuously repeats this thought, his mind becomes attached to her.
- He tells his friends that he is madly in love with her, and he is unable to study because his mind repeatedly thinks about her.
- His friends ridicule him that they all interact with her in class, but none of them is crazy about her.
- **Why is he losing his sleep and ruining his grades thinking of her?**



**When our mind repeatedly revises the thought, 'there is happiness in this object or person,' our mind develops attachment to that object or person.**



# Impact of repetitive thinking!

Mr. D



Friends convince him – “Drink and enjoy life!”



Tries and starts **contemplating happiness** in the feeling of mental lightness



The more he consumes **alcohol**, the more he contemplates happiness in it



Attachment grows deeper until finally, he becomes an **alcoholic**.

How does one become attached to alcohol?

On the first day, *alcohol tastes awful and people force themselves to drink it.*

Ill-advised by others, a person thinks, ‘My friends are loving it. I will too.’

The more he consumes alcohol, the more he contemplates happiness in it, and the deeper the attachment grows, until finally, he becomes an alcoholic.

Then the same person who had forced himself to drink on the first day now says, ‘I do not care about my family. Let my business get ruined. Never mind if my liver is spoiled!’

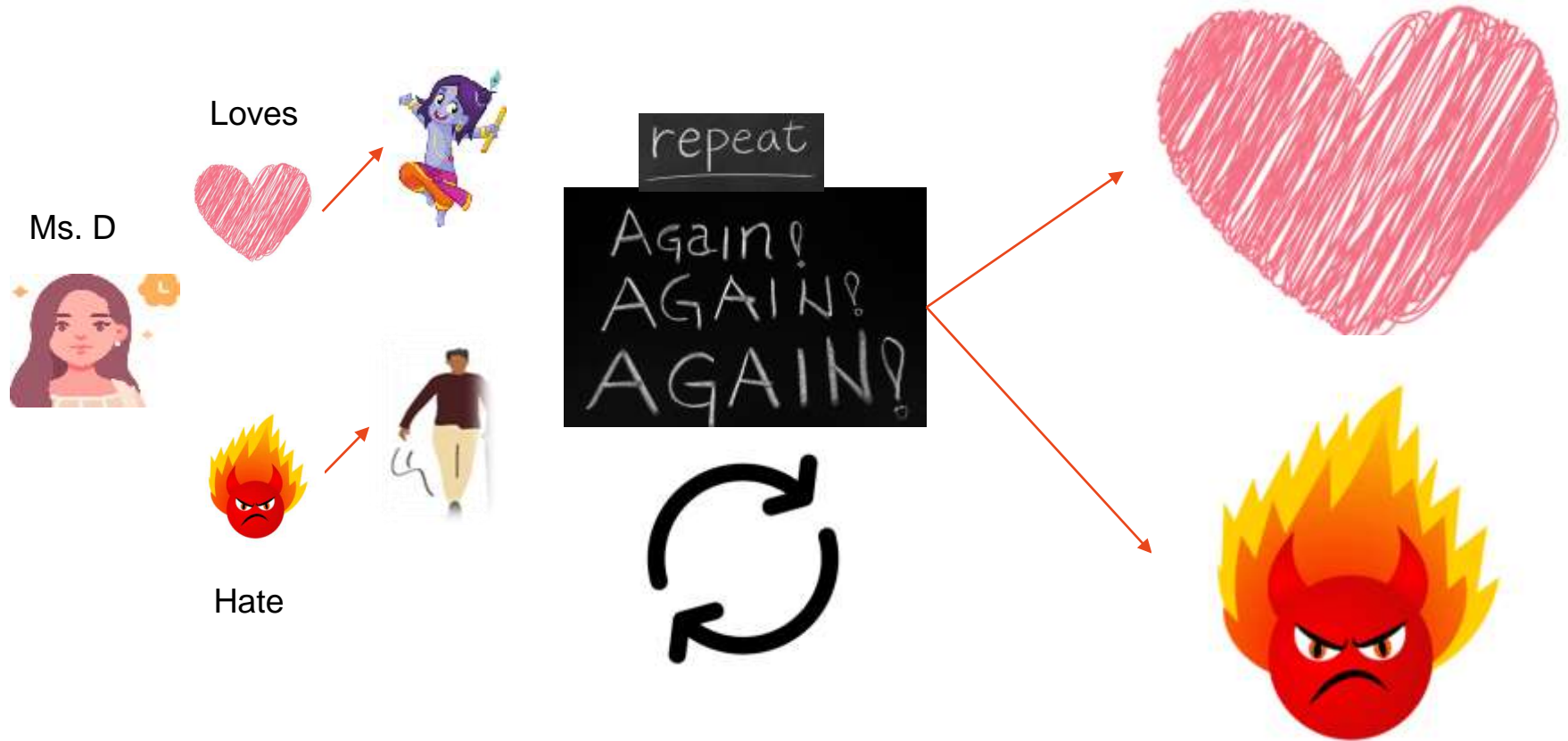
But give me the fifth peg of vodka...I cannot live without it!’

*How did this transformation take place? It was his own repeated thinking of happiness in alcohol that led to the addiction.*



**When our mind repeatedly revises the thought, ‘there is happiness in this object or person,’ our mind develops attachment to that object or person.**

# Impact of repetitive thinking!



# Reference Video

- <https://www.youtube.com/watch?v=qWhwyUvk0OM&>

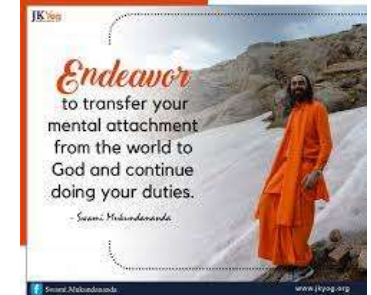


# Powerful Reminders!



*dhyāyato viṣhayān puṁsaḥ  
saṅgas teṣhūpajāyate*

*saṅgāt sañjāyate kāmāḥ  
kāmāt krodho 'bhijāyate*  
(BG 2.62)



1. Share your lessons on the power of contemplation!
2. Share your tools to reduce worldly repetitive thinking!
3. How can we decide which thinking patterns are good or bad?
4. Chintan vs. Smaran vs. Roopdhyan

O Master, How do I  
overcome material  
attachment?



Simple!" Contemplate on  
the right things!

**ONE HOUR OF  
CONTEMPLATION  
SURPASSES  
SIXTY YEARS  
OF WORSHIP**

**TO ARRIVE AT THE  
SIMPLEST TRUTH  
REQUIRES YEARS OF  
CONTEMPLATION.**

- ISAAC NEWTON -



## **Next Session!**

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**Why we all seek happiness?**

THANK YOU FOR YOUR  
PARTICIPATION!