

Book Club: Science of Mind Management

Session 21

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 canūramardanam |
devakī paramānandam kṛṣṇam vande jagadgurum

Meaning: I offer my obeisance's to Lord Krishna, the beloved son of Vasudeva, who killed the great demons Kamsa and Cāṇūra, who is the source of great joy to Mother Devakī; 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

Today's Agenda

- Quick Recap
- Book Reading / Video
 - SOMM, Ch 2: **Afflictions of the Mind**
 - Topic: **Why We All Seek Happiness**
- **Visual Summary & Recap** of concepts
- **Practical** Application / Meditation
- Experience Sharing
- **Let us read the book!**

Recap



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 &
Desire from
Attachment due
to Repeat
Thinking

Mental affliction **chain** begins with ...



Happiness & its thieves!

All of us desire Happiness, Peace, Contentment, Fulfillment etc. (Bliss/Anand) + end of suffering!
“Anand Prapti” + Dukh Nivritti (really?)



1. WHAT is happiness?

On Google: About Google
2,100,000,000 results



2. WHY do we want happiness?

About 5,730,000,000 results



3. WHERE is happiness?

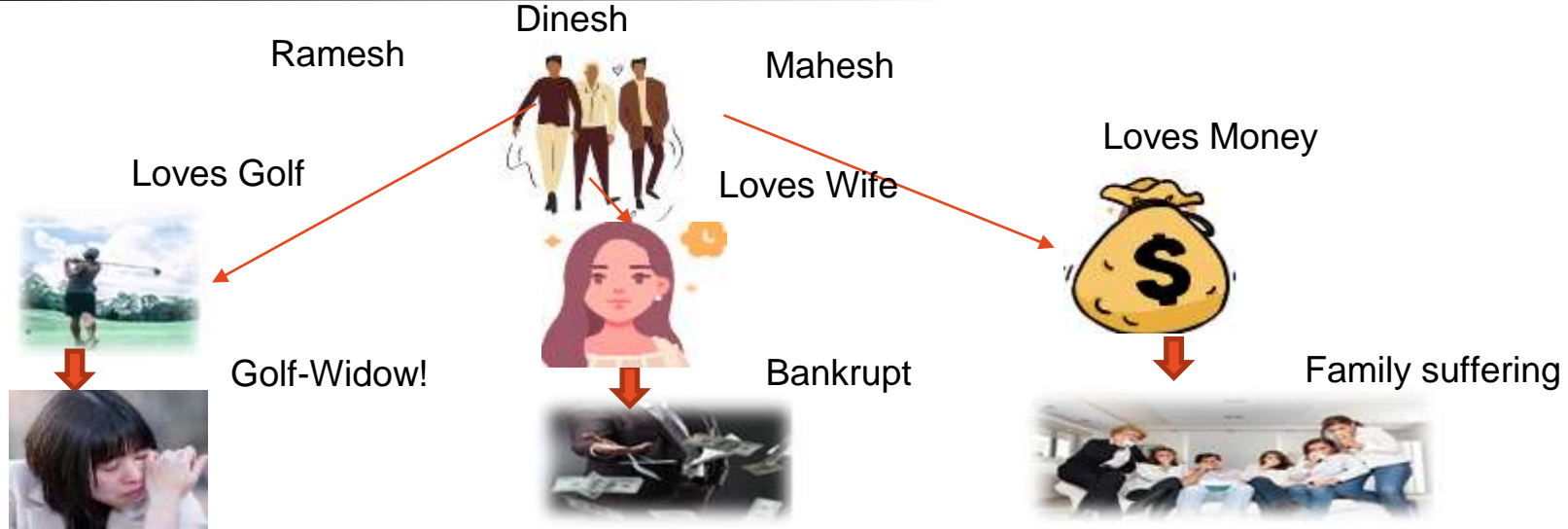
About 2,170,000,000 results



4. HOW to get happiness?

About 868,000,000 results

Story of Three Friends!



Ramesh vs. Dinesh – part 2

Ramesh

Dinesh



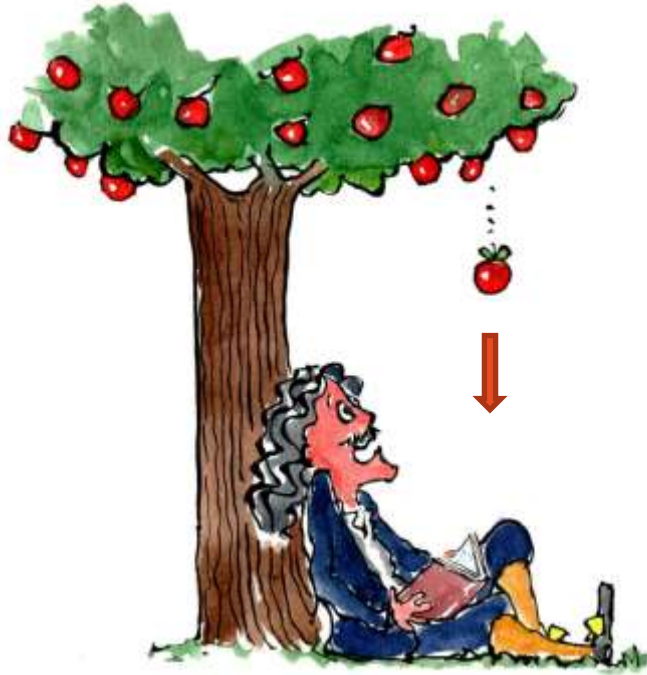
- **Dinesh** had created a desire in his mind and finally at midnight, after finding cigarette after a 2 hour search – he was able to temporarily pacify that desire -> hence he reached back that state of 10 pm when he did not have that desire to smoke and was able to sleep!
- **Ramesh (who didn't create any desire)** slept peacefully at 10 pm.

Bottomline: We make desires because we want joy; The same desires (caused by seeking happiness in the world) become cause of misery! True happiness remains a distant dream!

Dinesh desires Cigarette



Nature's Law: Part is attracted to the source!



The real BLISS



ānando brahmeti vyajānāt : Know God to be of the nature of Bliss

Until the part, our tiny soul, attains the whole, the Supreme Soul, we will not stop our quest for happiness. Somewhere or the other we will contemplate bliss, and once that happens, the whole chain of attachment, desire, anger, and greed will naturally follow

Which of the following are correct?

1. God is filled with Bliss
2. Bliss is in God
3. God is surrounded by Bliss
4. God & Bliss are synonyms

Reference Video

<https://youtu.be/aQl4ji7rhDM>

1. Why worldly happiness does not satisfy us?
2. Share tools that reinforce pursuit of lasting happiness?
3. What would you tell the disciple below?



O Master, I had come to the ashram to find peace and happiness!

I am leaving as I don't find it here!

Are you searching in the right place?



Bookclub Portal

PORTAL

(save this for access to past
and future class materials)

<https://www.radhakrishnatemple.net/book-club-portal>

One time Registration Link

<https://www.radhakrishnatemple.net/book-club>

Next Session!

Replace Lower Attachments with Higher Ones

THANK YOU FOR YOUR
PARTICIPATION!

Session Schedule (Aug 2021)

Book Club	USA Time	India Time
Science of Mind Management	10 pm CST on Friday 6 Aug	8.30 am IST on Saturday 7 Aug
7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 8 Aug	6.30 pm IST on Sunday 8 Aug
Science of Mind Management	10 pm CST on Friday 13 Aug	8.30 am IST on Saturday 14 Aug
7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 15 Aug	6.30 pm IST on Sunday 15 Aug
Science of Mind Management	10 pm CST on Friday 20 Aug	8.30 am IST on Saturday 21 Aug
7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 22 Aug	6.30 pm IST on Sunday 22 Aug
Science of Mind Management	10 pm CST on Friday 27 Aug	8.30 am IST on Saturday 28 Aug
7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 29 Aug	6.30 pm IST on Sunday 29 Aug