

Book Club: Science of Mind Management

Session 22

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

Today's Agenda

- Quick Recap
- Book Reading / Video
 - SOMM, Ch 2: **Afflictions of the Mind**
 - Topic: **Replace Lower Attachments with Higher Ones & Make Anger/Greed/Pride Your Friend**
- **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,
Happiness
Contemplation

Munnu's Dilemma!



✓ desire for meditation



✓ desire for knowledge



desire for Health

How do I defeat these attachments?

Mr. Munnu



Loves Golf

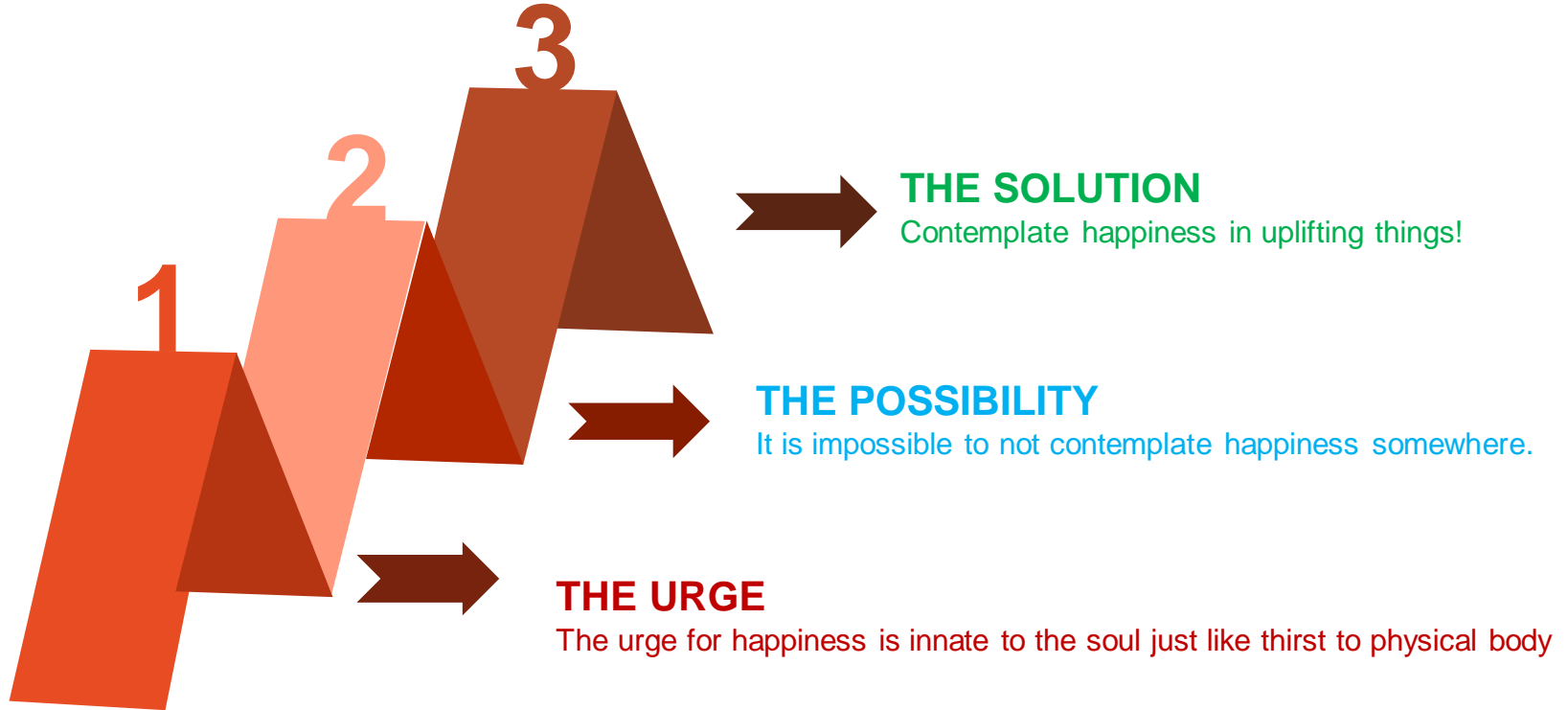


Loves Wife



Loves Money

Replace Lower Attachments with Higher ones!



One verse that says it all!

The Shreemad Bhagavatam states:

*viṣhayān dhyāyataśh chittaṁ viṣhayeṣhu viṣhajjate
mām anusmarataśh chittaṁ mayy eva pravilīyate*
(11.14.27)

‘You repeatedly thought of the pleasures in the objects of the senses and became attached to them. Now frequently think that God is the ocean of infinite bliss, and you will develop devotion towards Him.’

*The **process** is the same; we only need to change the direction*

*Devotion is love for the **highest**; and the lowest shall fall away by itself.*

*Attachment to the Supreme does not spoil the mind like material attachment, rather, it **purifies** the mind. God is all-pure, and when we attach our mind to Him, it gets cleansed.*



The great saints in history had desires millions of times stronger than ours to love the Lord with all their heart and serve Him with their every act!

How to Redirect!



When **anger** is directed constructively, it propels us more rapidly on the upward path. If we become **angry at ourselves** for the lack of improvement, we strive to try harder



Sublime desires lead **to divine greed**: a devotee says:

sītā rāma charana rati moreñ, anudina baṛhau anugraha toreñ (Ramayan)

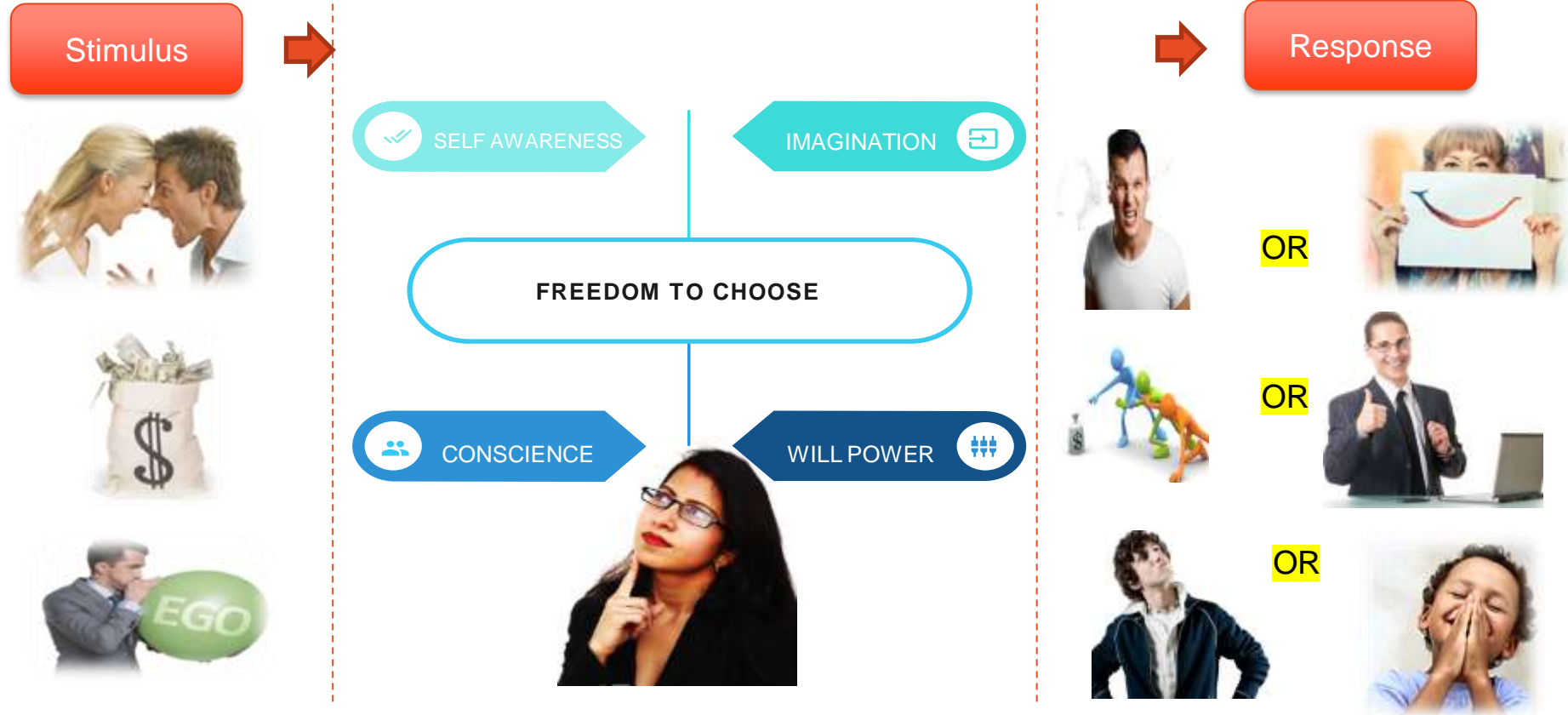


Hanuman ji says: *asa abhimāna jāi jani bhorey, maiñ sevaka raghupati pati morey* (Ramayan)

‘May this **pride** never leave me that my Master is the great Lord Ram, and I am the servant of such a great Master’. **Pride in the Lord strengthens faith and enthusiasm for devotion.**



Controlling Mental Afflictions - Put it to Practice!



Book Club Interactive Activity

Join Free CICE Book Club on Zoom
Every Fri 10 pm CT (8.30 am IST Sat)



- 1. Which mental affliction (anger, greed, envy, pride) troubles us the most?**
- 2. Share tools or experiences to handle the mental afflictions!**

Affliction	Practical suggestions to redirect to divine realm!
Anger	
Greed	
Envy	
Pride	
Others	

Next Session!

Presentations by Participants!

Or Kahoot? Or Both?

Afflictions of the Mind

- **Theories About the Mind**
- **The Ancient Science of Vedic Psychology**
- **Diseases of the Mind**
- **The Disease of Anger**
- **The Disease of Greed**
- **The Affliction of Desire**
 - Anger Arises from Desire
 - Greed Also Arises from Desire
 - Anger Destroys Good Judgement
- **The Malady of Attachment**
- **The Impact of Repetitive Thinking**
- **Why We All Seek Happiness**
- **Replace Lower Attachments with Higher Ones**
 - Make Anger Your Friend
 - Make Greed Your Friend
 - Make Pride Your Friend

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>

THANK YOU FOR YOUR
PARTICIPATION!