

Book Club: Science of Mind Management

Session 23

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: **Recap (Fun while you play – Kahoot)**
- **Visual** Summary & **Recap** of concepts
- **Practical** Application / Meditation
- Experience Sharing

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*

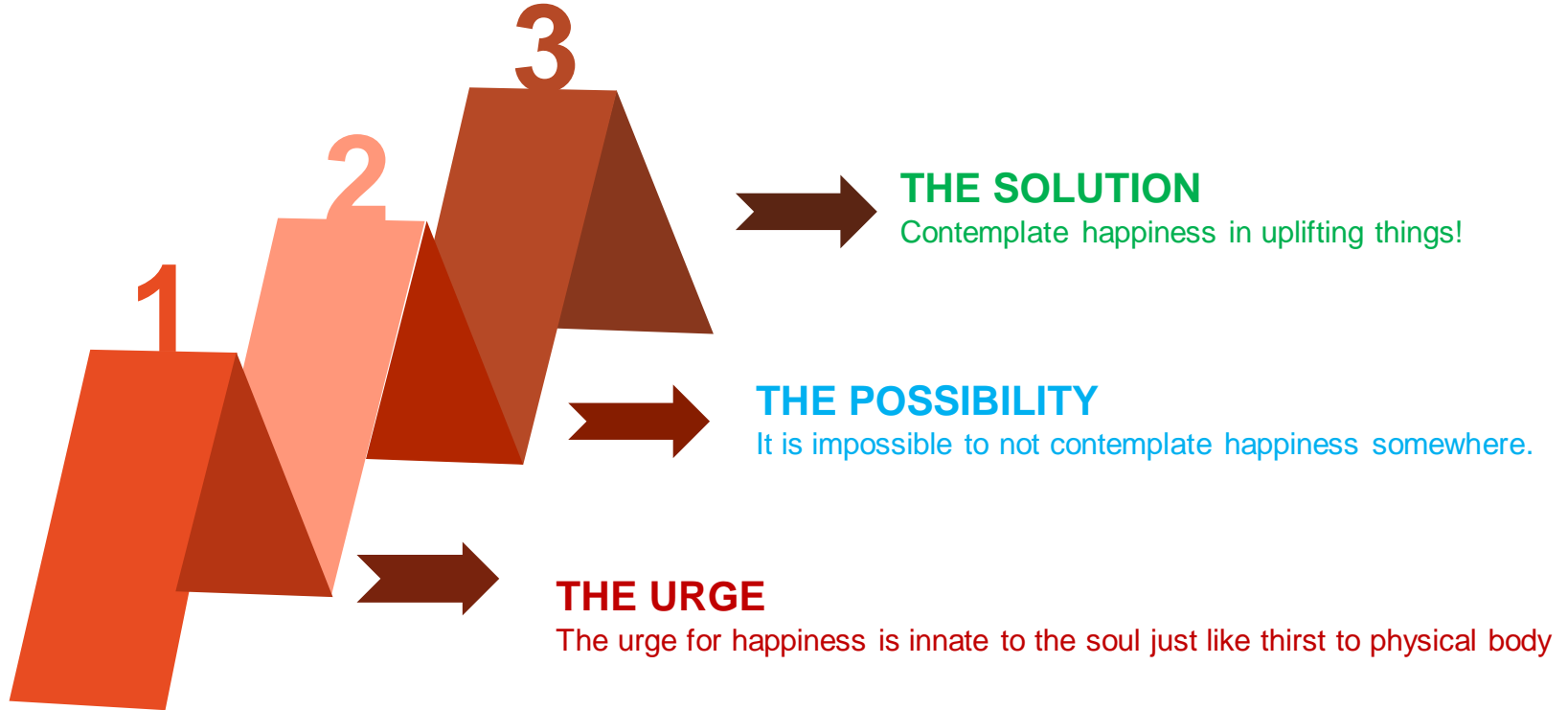
***Devotion is love for the highest**; and the lowest shall fall away by itself.*

***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.*

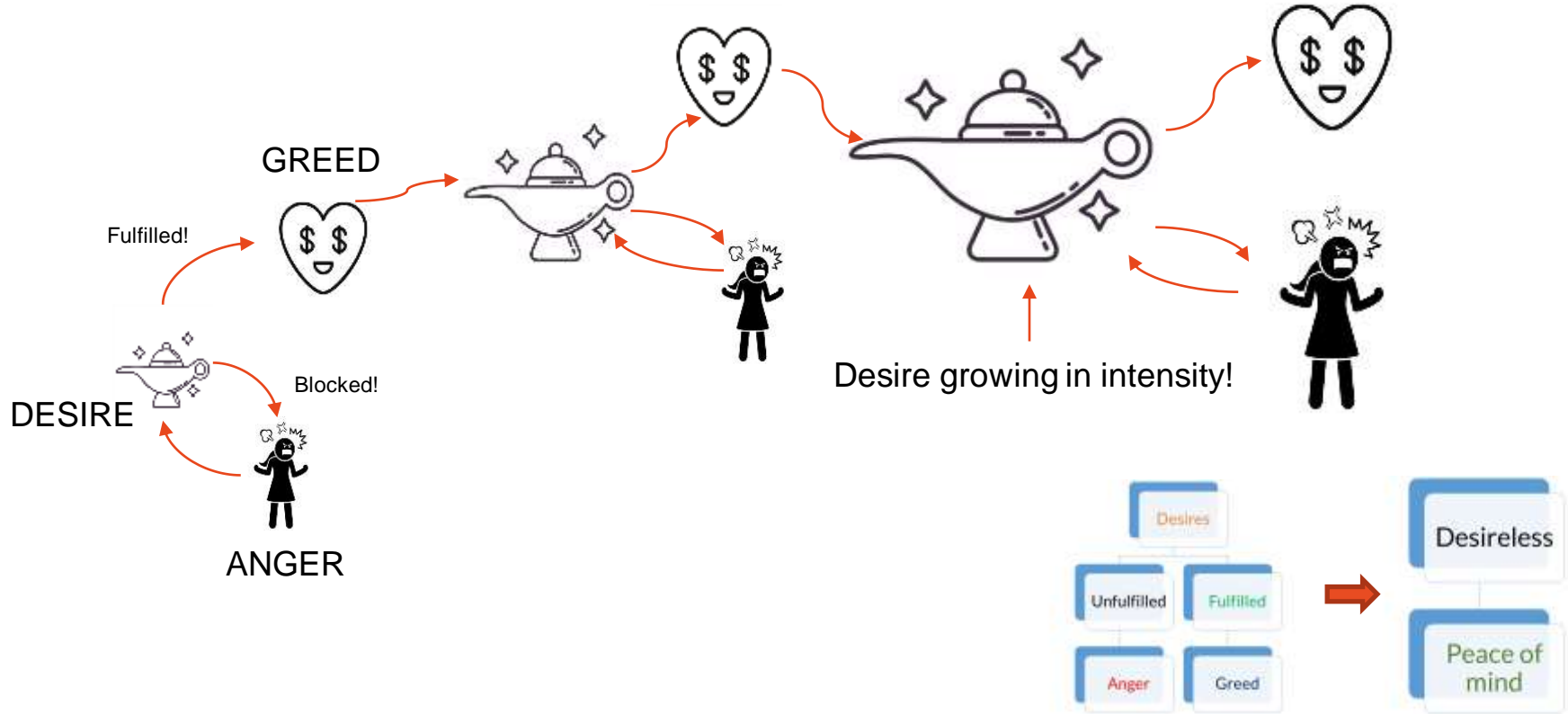


*The great saints in history had desires millions of times stronger than ours to **love the Lord** with all their heart and serve Him with their every act!*

Replace Lower Attachments with Higher ones!



Recap: Desire – mother of Anger, Greed



Bhagavat Gita on Greed



BG 16.21: There are three gates leading to the hell of self-destruction for the soul—lust, anger, and greed. Therefore, all should abandon these three.

Shree Krishna now describes the origin of the demoniac disposition, and **pinpoints lust, anger, and greed as the three causes for it**. Previously, in verse 3.36, Arjun had asked him why people are impelled to commit sin, even unwillingly, as if by force. Shree Krishna had answered that it is lust, which later transforms into anger, and is the all-devouring enemy of the world. **Greed is also a transformation of lust, as explained in detail in the commentary of verse 2.62.**

Together, lust, anger, and greed are the **foundations from which the demoniac vices develop**. They fester in the mind and make it a suitable ground for all other vices to take root. Consequently, **Shree Krishna labels them as gateways to hell, and strongly advises to shun them to avoid self-destruction**. Those desirous of welfare should learn to dread these three and carefully avoid their presence in their own personality.



त्रिविधं नरकस्येदं द्वारं नाशनमात्मनः ।
कामः क्रोधस्तथा लोभस्तस्मादेतत्त्रयं त्यजेत् ॥ 21॥

Theories about the mind

Psychology

Existential Psychology

This branch of psychology is most **concerned with fulfilling one's meaning in life**. Looks for **universal principles** to apply instead of isolating people or behaviour. Four dimensions: physical, social, psychological and spiritual. Viktor Frankl is most famous (later branched logotherapy)

Positive Psychology

In 1998, Martin Seligman formalised positive psychology as a valid branch of psychology. He defined positive psychology as 'the scientific study of positive human functioning and flourishing on multiple levels that include the biological, personal, relational, institutional, cultural, and global dimensions of life.'

The basic premise here is **to look to the future to live a happy and meaningful life**. By doing so, one learns to focus on the positive. **This is in stark contrast to other branches of psychology that focus on disorders of the mind.**



Humanistic Psychology

While **Carl Rogers** is widely credited with the establishment of humanistic psychology, it was **Abraham Maslow's 'Hierarchy of Needs'** that brought it to the forefront as a distinct branch.

Psychologists affiliated with this branch **emphasise human beings as more than the sum** of their parts.

As a result, instead of focusing on one mental affliction, they prefer to view the individual as a whole.

According to Maslow, we all have basic physiological needs, such as hunger, thirst, sex, and sleep, among other necessities. As these are fulfilled, safety and security needs of job security, safety of home, and so on, start becoming important. As these needs are satisfied, the need for love and belonging starts gaining prominence. Beyond this is the need for achievement and respect.

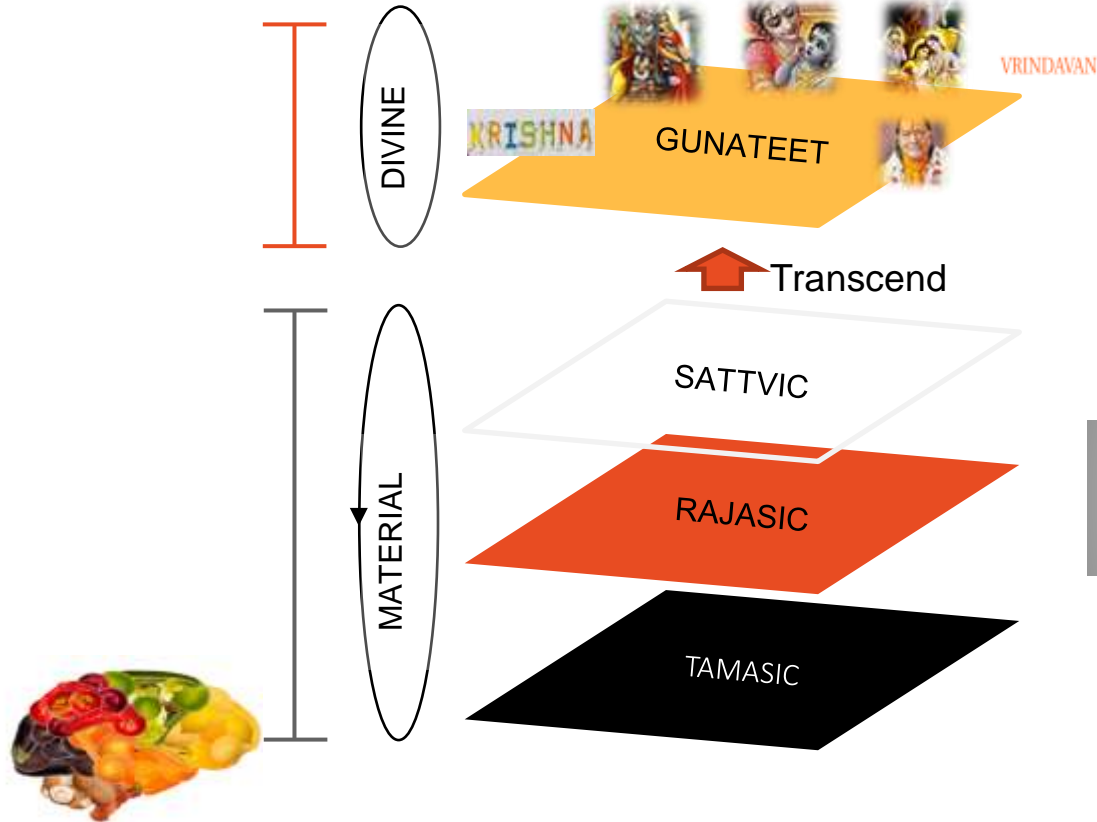
And lastly, is the need **for self-actualisation** where one is working purely for the joy of it.

What is Greed?



Unlike anger that reaches a peak and then subsides, greed never diminishes and motivated by it, we burn out as in rat race of world

Greed and the Gunas



Sattva guṇa leads to the development of virtues and the illumination of knowledge

Rajo guṇa leads to **greed**, inordinate activity for worldly attainments, and restlessness of the mind (BG 14.17)

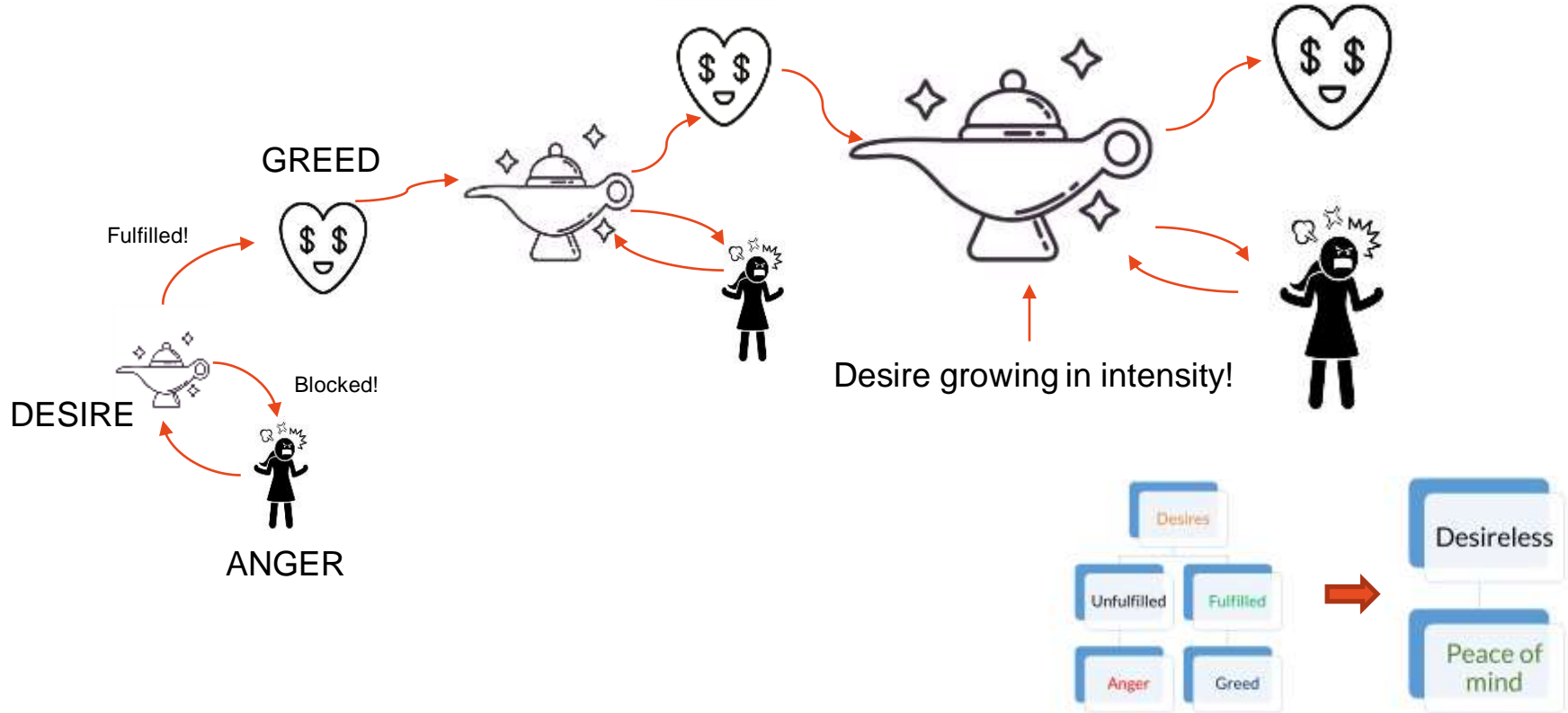
Tamo guṇa results in delusion of the intellect, laziness, and inclination toward intoxication and violence.

Presentations Ahoy! – Rules of the Road

- **7 minutes** time allotted for each presentation
- **+ 1 minute** buffer time in case of technical or other issues (over 3 minutes)
- **+ 2 minutes** for group / audience comments, experiences, ideas (for e.g., one key takeaway from the presentation)
- **BEST to turn on VIDEO** today for presenters AND Participants to encourage each other!
- Also, time to reinforce our learnings by understanding experiences of others, so keep yourself on mute and raise hands post the presentation to speak



Recap: Desire – mother of Anger, Greed



THANK YOU FOR YOUR
PARTICIPATION!