

Book Club: Science of Mind Management

Session 24

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 3: **Power Of Habits**
 - Topic: **Power of Conditioning**
- **Visual Summary & Recap** of concepts
- **Practical** Application / Meditation
- Experience Sharing

Chapter 2 – Recap with Guided Voice

Close your eyes and listen!

<https://youtu.be/WzqjxEFMXTA>

Let us read the book!

Habit

A Habit is a person's **customary way** of **thinking** and **behaving**.
Habitual behavior is **automatic** *without needing self-analysis*



Uphold good ones



Erase bad habits from life!

Calculate Spiritual Habits Quotient (SHQ)

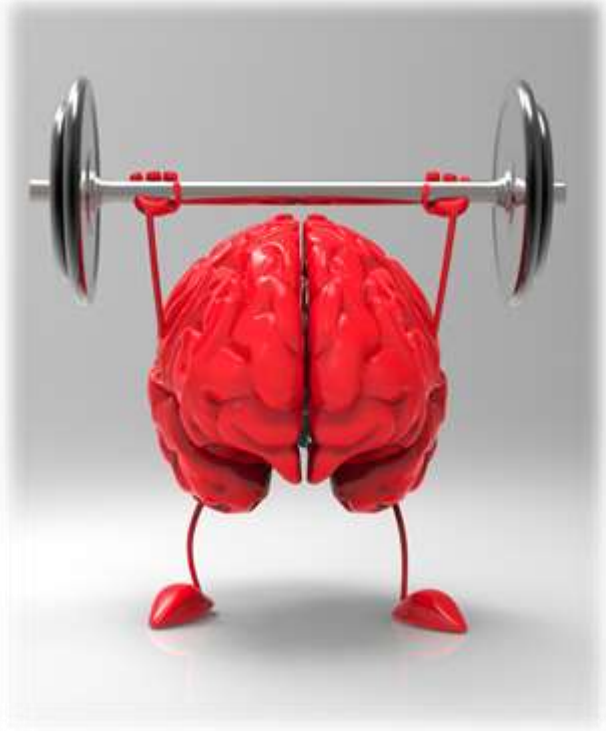
Very Good	Good	Not Good
✓ Morning spiritual practice	✓ Feel gratitude often	Get angry often
✓ Listen divine wisdom daily	✓ Don't hurt others	Drink tea/coffee as first thing
✓ Devotional chanting daily	✓ Pray once a day	Alcohol
✓ Maintain a dairy	✓ Attend spiritual company	Cigarettes
✓ Engage in seva/service of Guru	✓ Drink enough water daily	Sleep late
✓ Meditate often in the day	✓ Help others in need	Workaholic (affecting health)
✓ Yoga / Exercise daily	✓ Connect with nature	Lack of exercise

Note: above are not in any specific order and are indicative habits only

Calculate your SHQ!

Blue Yes	Count 10 points each	10 X (# of Yes)
Green Yes	Count 5 points each	5 X (# of Yes)
Orange Yes	Count -10 points each	- 10 X (# of Yes)
	Grand Total	_____

The Power of Conditioning



Conditioning- the process of training or accustoming a person to behave in a certain way or to accept certain circumstances.
(per Merriam-Webster)

Technical version ©

Conditioning: a behavioral process whereby a response becomes more frequent or more predictable in a given environment as a result of reinforcement, with reinforcement typically being a stimulus or reward for a desired response

The Story of the Docile Elephant

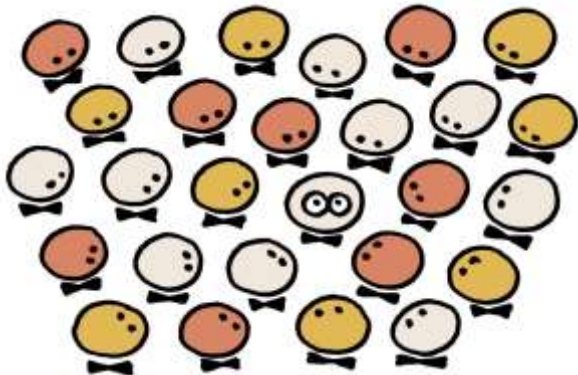


<https://youtu.be/yaWVLUoHdk8>

- **Think** what are some limiting beliefs that can hold someone back in their spiritual life?

The Power of Conditioning

- We can **take control** of this process, and **train ourselves**. If we don't take control, society can condition us! The media, friends and family are very powerful in telling us what will make us happy.

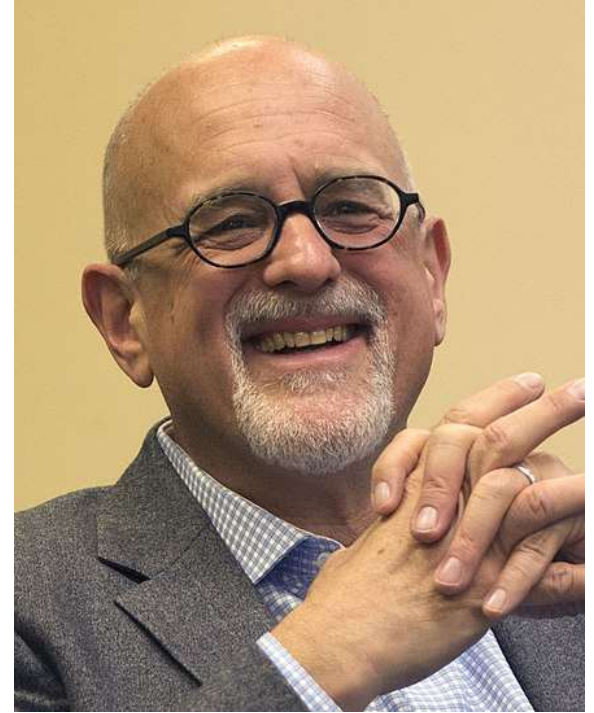


If our mind is habituated to be positive and optimistic, we can **remain cheerful in any life situation**.
Getting there is a process!

The Power of Conditioning– Social beliefs

- **Harvard** Professor **Daniel** Gilbert gives talks throughout the United States, **questioning** the common belief that “Money, marriage, and kids” will bring happiness.
- His research conclusively shows that these things **do not bring the promised happiness!** He is a wealthy, married, father, so he is not sharing his research out of insecurity or jealousy.

<https://news.harvard.edu/gazette/story/2013/02/money-marriage-kids/>



Bhagavad Gita On Conditioned State

- Enlightened souls control the intellect through transcendental knowledge. Then, with the purified intellect, they control the mind, and the mind is used to bridle the senses.
- However, **in the materially conditioned state**, the reverse takes place. The senses pull the mind in their direction; the mind overpowers the intellect; and the intellect gets derailed from the direction of true welfare. BG 2.68



Through practice and detachment, we can shift the mind to the elevated state!



- 1. How does our mind get conditioned in thinking that there is happiness in the material things?**
- 2. Share tools or experiences to reverse material conditioning!**

Next Session!

Neuroplastic nature of the brain- how we can improve our minds!

THANK YOU FOR YOUR
PARTICIPATION!

Bookclub Portal

PORTAL

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

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

One time Registration Link

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