

# Book Club: Science of Mind Management

Session 25

**JKYOG Center For Indian Culture & Education**

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**



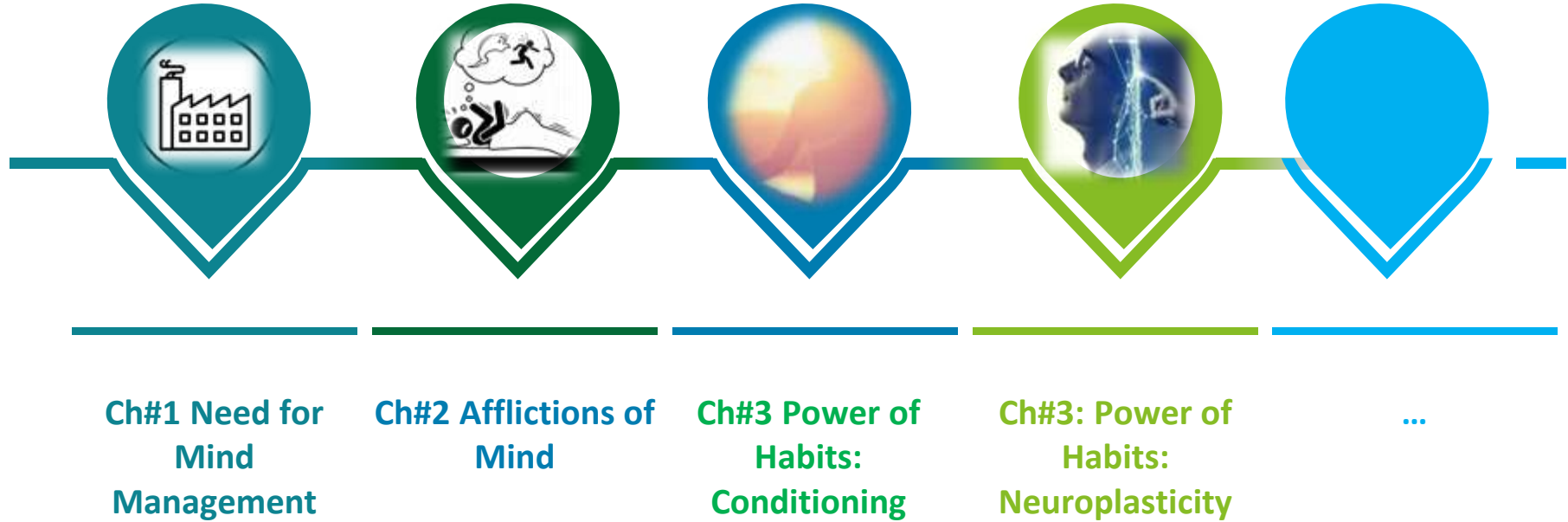
**Session  
summary**



**Email Digest**

# Recap

---



# Today's Agenda

---

- Quick Recap
- Book Reading / Video
  - SOMM, Ch 3: **The Power of Habits**
  - Topic: **The Neuroplastic Nature of the Brain**
- **Visual Summary & Recap** of concepts
- **Practical** Application / Meditation
- Experience Sharing
- **Let us read the book!**

# Our Brain

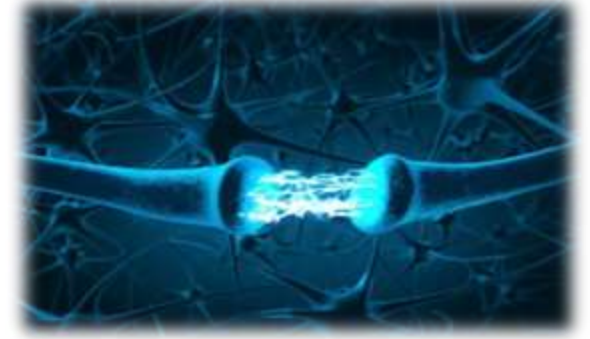
- **1. How many neurons are there in a human brain?**

- A) ~1 Billion
- B) ~10 Billion
- C) ~100 Billion
- D) ~1 Trillion

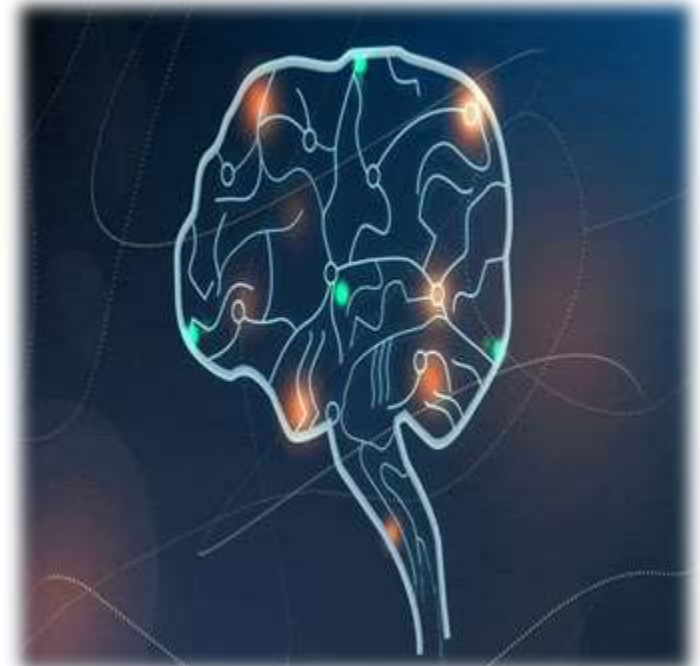
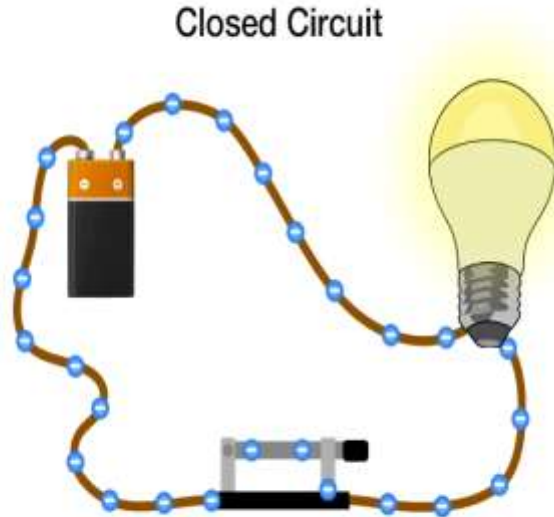


- **2. How many neural-circuits are there in a human brain?**

- A) Millions
- B) Billions
- C) Trillions



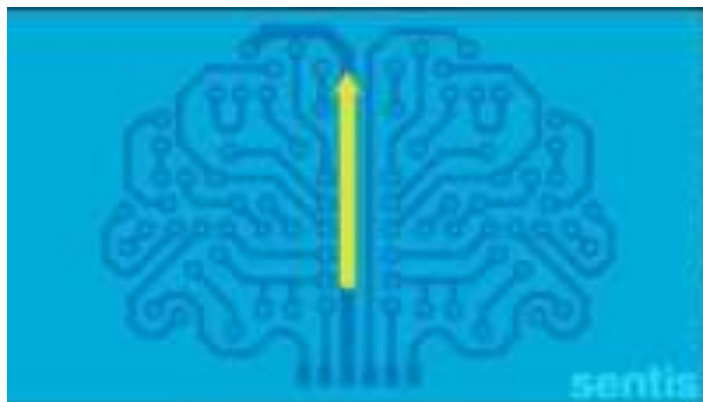
# Circuit!



**Is our Brain's circuit FIXED or CHANGING?**

# Neuroplasticity Defined

- **Neuroplasticity** When we repeatedly harbor a pattern of thoughts, **their neural circuit becomes etched in the brain**. This is the ability of the mind to reorganize itself by **forming new neural connections** in response to situations or changes in the environment.



**Example:** London Bus Drivers vs. London Taxi Drivers: Brain study



# Neuroplasticity and Conditioning

- “When a neural circuit becomes **intensely engraved in the brain**, the corresponding thought pattern **comes more easily to the mind**, thereby conditioning it.”
- This is true for **positive** things (such as thoughts and feelings related to Bhakti) or for **negative** things (such as feelings of anger, greed, fear).



# Pavlov's Research

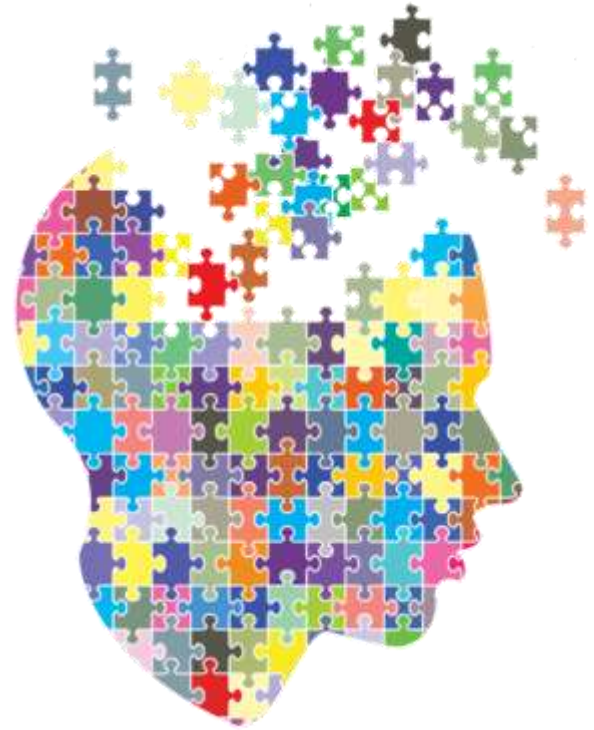
---

- Ivan Pavlov was famous for his research on human and animal behavior, and he won the Nobel Prize for Medicine in 1904.



# Neuroplasticity and Positive Change!

- When we hear a **new idea** (whether a spiritual lecture or any topic), the brain incorporates the new information, and this small change is increased the more the thought is repeated and expanded.
- This is how **change** and **learning** happens!
- **Note:** *If we stop practicing something, we also unlearn but next time around, we learn it back faster!*
- **Bottomline:** It's never too late to take up more Sadhana and Seva. The nature of the brain **allows for improvement at any age.**





1. How can we leverage this nature of **neuroplasticity** to our benefit?

2. Have you ever met someone that made a dramatic improvement in their life?  
How does **neuroplasticity** explain how they made this **positive change**?

## **Next Session!**

---

## **The Physiology of Habit Formation**

THANK YOU FOR YOUR  
PARTICIPATION!