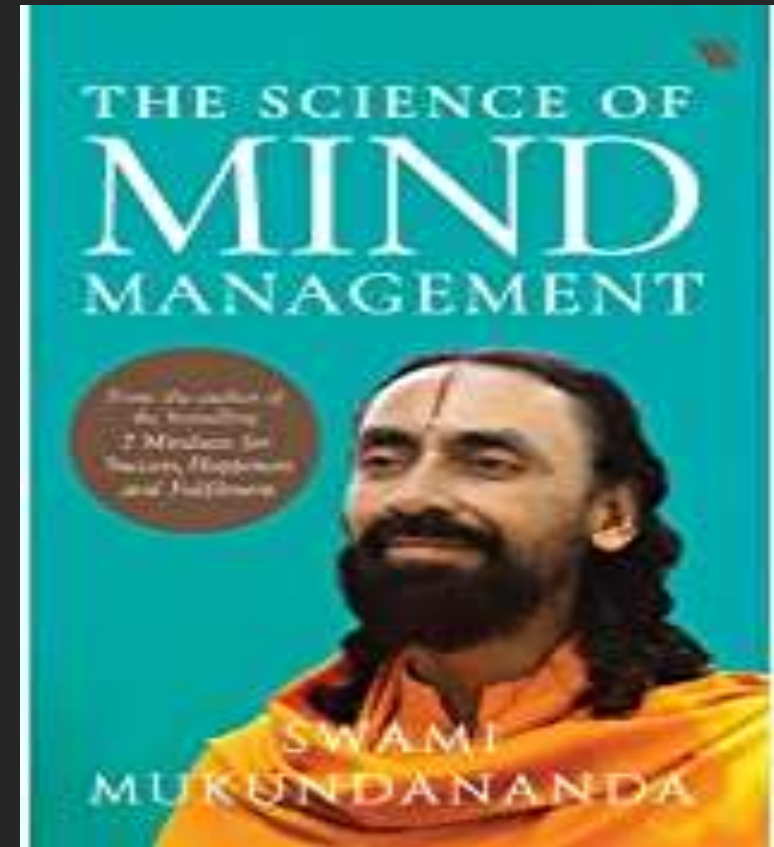


JKYog CICE Presents Virtual Book Club

Session 4



Brought to you by JKYog - Center for Indian Culture & Education (CICE)

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

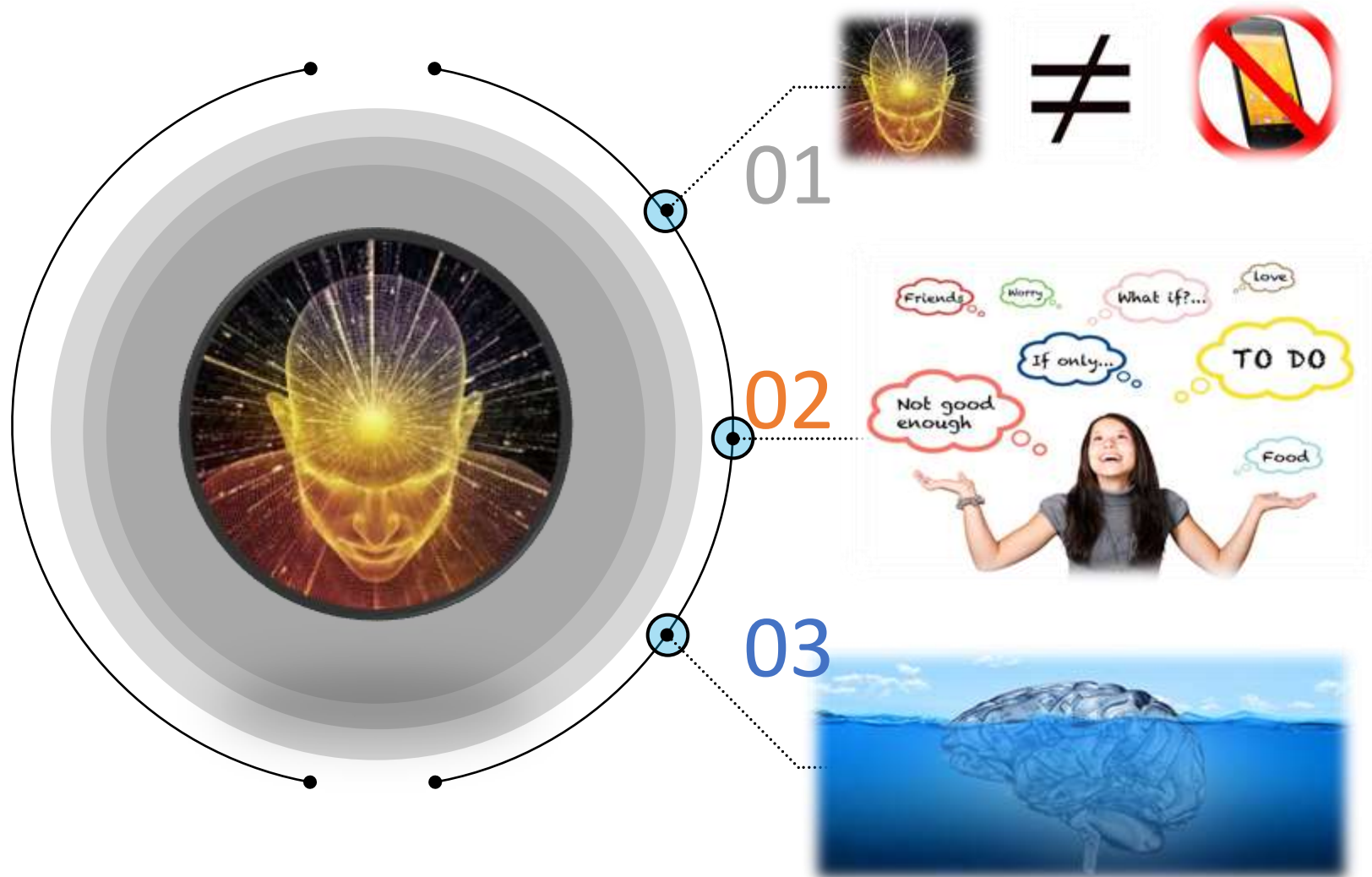
Meaning: I offer my obeisance's to Lord Krishna, the beloved son of Vasudeva, who killed the great demons Kamsa and Canura, who is the source of great joy to Mother Devaki; and who is indeed a world teacher and spiritual master of the universe

We asked, you answered (last week poll)



Guided Reading Time!

"Mind" and its 1-2-3!



A “**subtle**” machine fitted **within** us! Unlike a phone which is an “external” machine, mind is “**internal**” machine

Continuously **generates thoughts, feelings, ideas**, perceptions, and stores knowledge and memories. (The saint who had a jihn!)

Mind is **Deeper than the “ocean”** (conscious and subconscious). Big desires also arise in the mind!

Brain vs. Mind

Is Brain same as the mind?

- No! think of the Brain as the hardware; mind as software
- Science has not even decoded 1% of Brain's functioning which is the physical portion of the subtle machine named mind

Do plants have a mind? Do they have a brain?

- **No brain**, but yes, plants **have a mind!** scientists proved plants have feelings, memories and respond to love and care

Can the mind function when brain is “damaged”

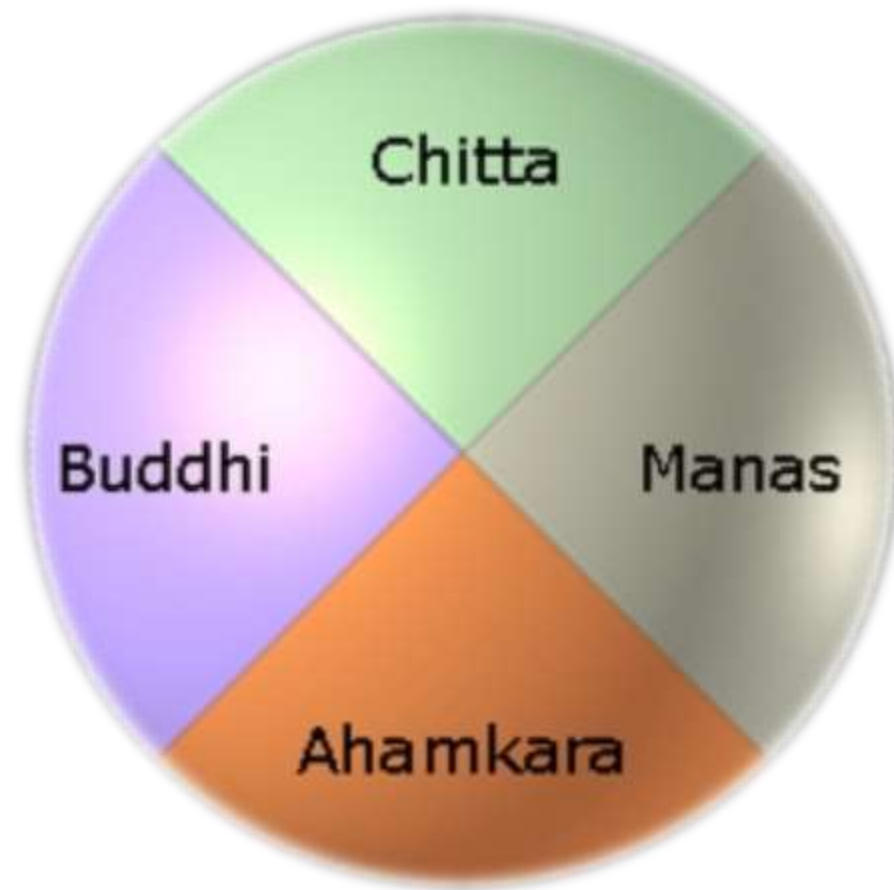
- For a person whose brain may be damaged, *mind can still function as it is subtler than the brain*
- **Brain is made of five gross elements of material energy** – fire, water, air, sky and earth; **Mind is “subtler” than these gross elements** (8 energies of Maya include Mind, intellect and ego)



Components of the Mind...

What comprises the mind?

- *Many functions and many parts!*
 - The Panchadashi (Advaita Vedanta manual) says one mind
 - The Gita says mind and intellect
 - The Yoga Darshan says mind, intellect and ego
 - The Shanakaracharya bhashyas say four: mind(man), chit, buddhi, ahankara
- These are **NOT four separate entities but FOUR STATES of FUNCTIONING of the mind!**
 - **Mind** - creates thoughts (mana or manas)
 - **Intellect** - analyzes and decides (buddhi)
 - **Chitta** - when it gets attached to a person/object
 - **Ego** - when it identifies with body and becomes proud (ahankara)
- Video: https://www.youtube.com/watch?v=R_opS2cBrmM



The “Difficulty” of controlling the mind!

** Mnemonic to help you remember! **

D Delusionist
I I=Ego is in mind
F A foe (enemy)
F Can be a friend
I Intellect fooled
C Capricious (moody)
U Umbrageous (fickle)
L Lazy
T Talkative (never stops!)

❖ ***Man maya te hi banayo, maya te sansaar! Yate man bhavat sada, yaha sansaar asaar!!*** (Bhakti Shatak couplet 36) *The mind is made of Maya and so is the material world. Hence, the mind always loves the material world.*

❖ **The story of Saint Milarepa – and villager wanting siddhi reminds us of the monkey mind!**

❖ ***Man ko maano shatru iski sunahu kachu nahi pyaare*** (Sadhana Karu Pyaare)

Remember: Arjun (with a super focused mind) asked the Lord in Bhagavat Gita: mind seems impossible to control like the wind! Lord agreed but corrected: difficult but possible!

Need for Mind Management



Countless Diseases in the Mind!

Endless list - anger, greed, desire, laziness



Story of the “Dirty Bucket”

Garbage in, garbage out!



Remember the “Mobile Hang”

A confused and purposeless mind is unable to make right decisions!



Quality and experience of life

Direct correlation; a controlled mind handles pulls and pushes of life better!



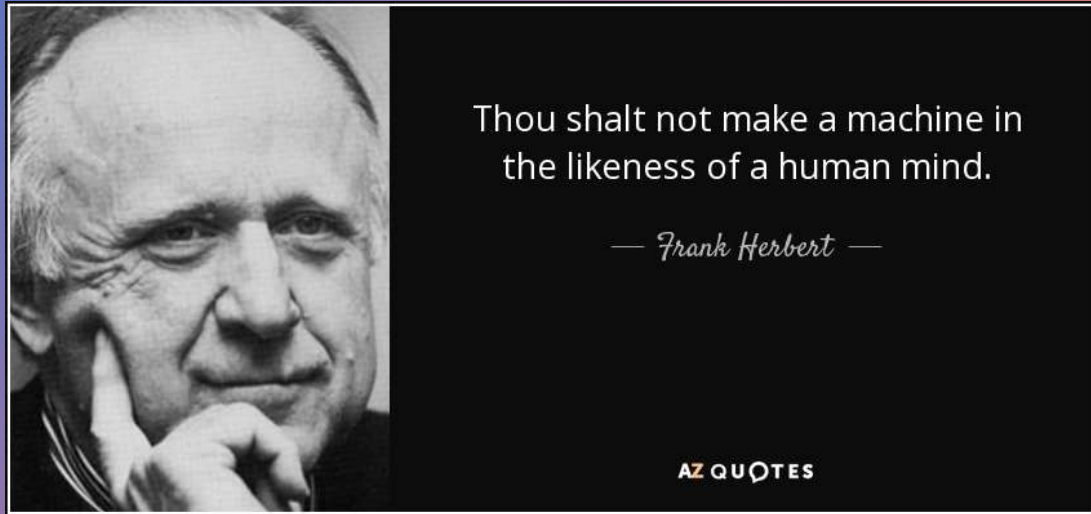
ONLY way to lasting Happiness

Finally, we are all seeking that ultimate and lasting peace, happiness! A managed mind is the ONLY way to get there!

To gain a productive, satisfying and successful life the only path forward is through mind management!

Amazing Bhajan that summarizes much of what we learnt! *Tu Man Manmaani tyag re* ([Link](#))

Interaction Questions

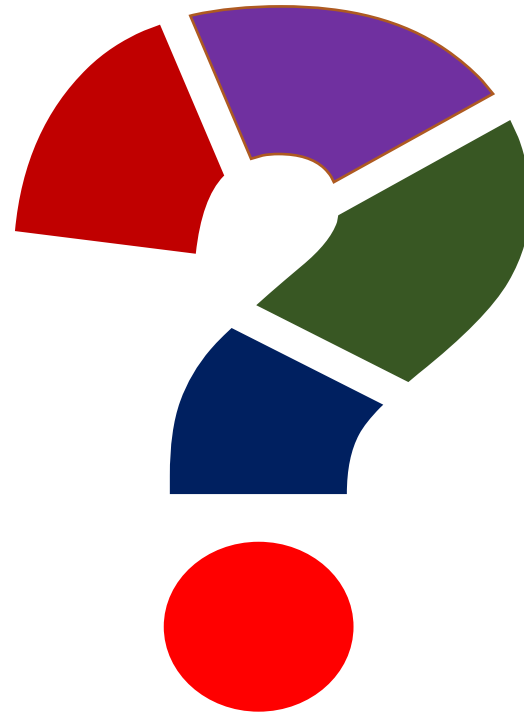


- **Why do you think you need to manage your mind?**
- **Relate any personal experience or a story where mind management helped?**
- **What tools have you used to manage the mind?**

Upcoming sessions!

- *We will uncover powerful concepts (cause of anger, greed, attachment etc.) through real stories (e.g., Elvis Presley and Helen Keller)*
- *We will also watch a powerful video from Swami ji*
- *Lots of practical tools, scientific and spiritual perspectives to apply this knowledge in practical day to day life!*

Question & Answers



Radhey Radhey!

**Heartfelt Thanks
and Gratitude !!!**

**for your participation and the
opportunity to serve you!**



Day Light Saving Note for India Participants: Sunday, 14th March onwards, the India session timings will shift by an hour. The Science of Mind Mgmt. session will be held on 8.30 am on Saturdays (India Time), and 7 Divine Laws session will be on 6.30 pm on Sundays (India Time)

Session	Book Club	USA Time	India Time
2	Science of Mind Management	10 pm CST on Friday 12 March	9.30 am IST on Saturday 13 March
2	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 14 March*	6.30 pm IST on Sunday 14 March*
3	Science of Mind Management	10 pm CST on Friday 19 March	8.30 am IST on Saturday 20 March
3	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 21 March	6.30 pm IST on Sunday 21 March
4	Science of Mind Management	10 pm CST on Friday 26 March	8.30 am IST on Saturday 27 March
4	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 28 March	6.30 pm IST on Sunday 28 March

Reminder: What does the Book Club do?



Guided Reading



**Practical tools
and techniques**



**Introspective
activities**



Spiritual Stories



**Topic related
Meditations**



Fortnightly Quiz



**Quote of the
day**



**Session
summary**



Email Digest