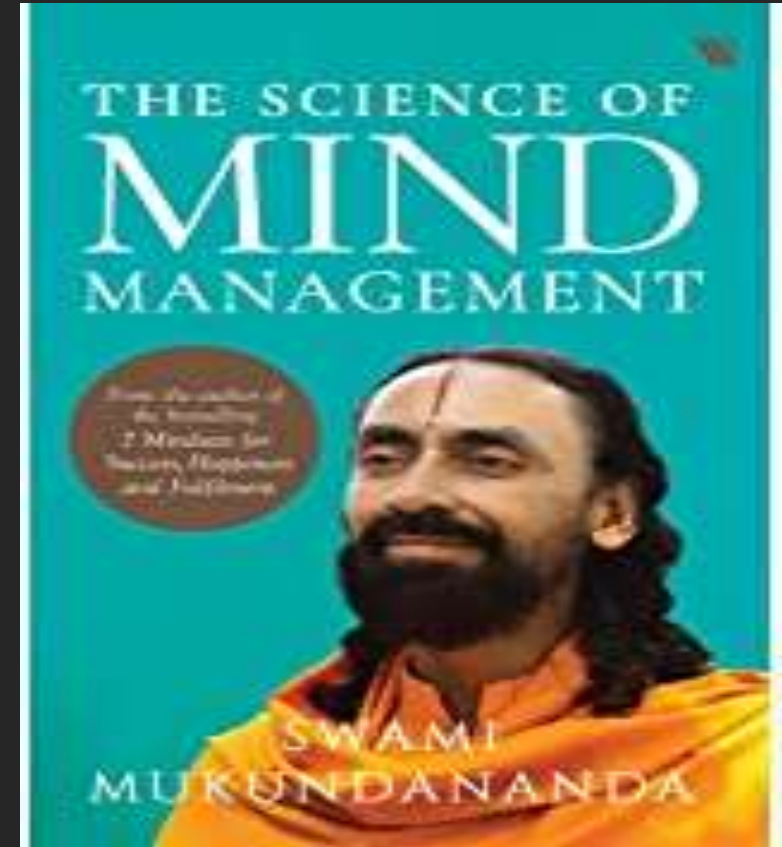


JKYog CICE Presents Virtual Book Club

Session 5



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

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

Recap from last week: 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!

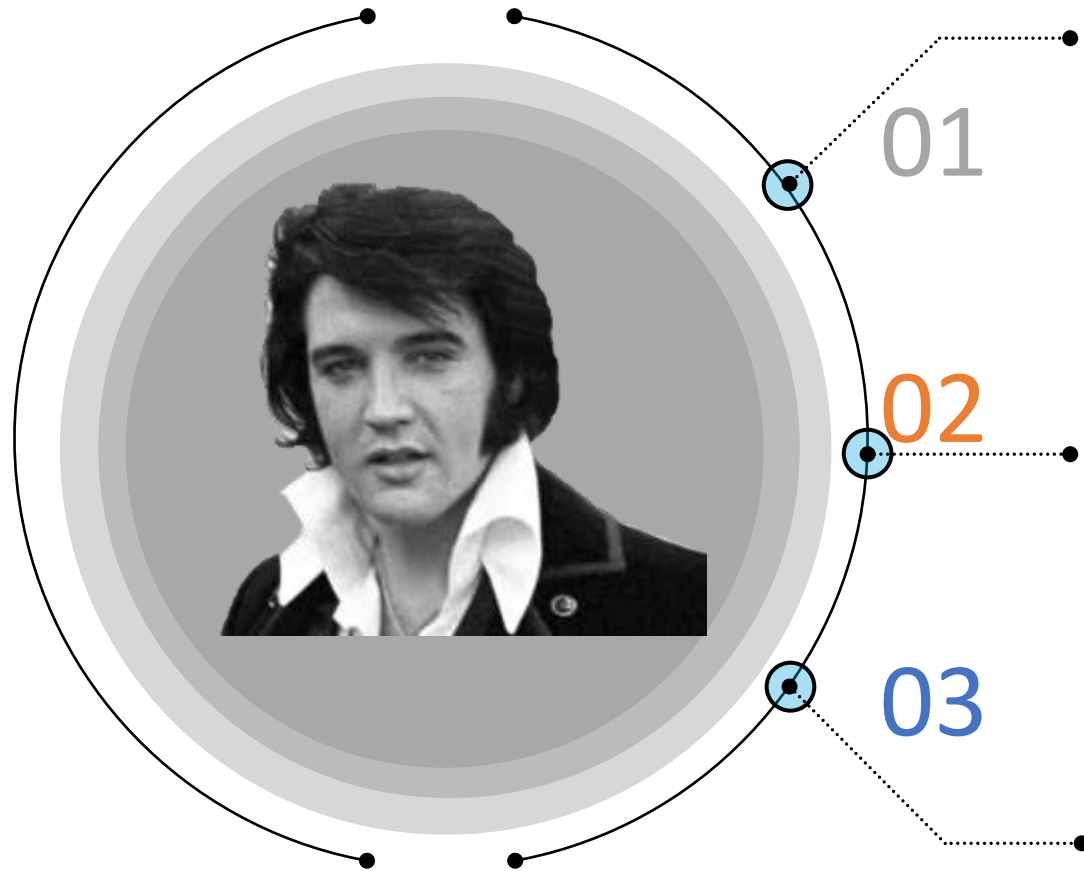
To gain a productive, satisfying and successful life the only path forward is through mind management!

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



[Video: https://youtu.be/dVI-wRxUi3k](https://youtu.be/dVI-wRxUi3k)

Elvis Presley



Achieved all possible “external success” many seek (wealth, fame and talent)

- “Icon” of Rock n Roll generation
 - Handsome, wealthy, golden voice
-

Yet, internally Bankrupt!

- *Wretchedly* unhappy
 - Resorted to drugs
-

In the end

- Died with drug overdose at age of 42
 - Heart complications
-

Truth is like the sun. You can shut it out for a while but it ain't going away

Helen Keller



The Beginning

- At 19 months, infection made her DEAF and BLIND (two of her five senses)
- Could not learn to speak and threw tantrums to communicate frustration till she found a good teacher (Anne Sullivan)

01

The Middle

- Devoted herself to learning all she could; read books of knowledge
- Helen became determined to join Harvard University; met resistance, didn't give up / persevered
- Graduated with honors despite being deaf, blind and unable to speak
- Then went on to learn to speak as well by lip reading and went on to give inspirational lectures

02

03

And her legacy lives on!

- Became a philanthropist seeking ways to fund others' education!
- Lived till the ripe age of 87 and "**lived every moment**"

Life is exciting business, and most exciting when it is lived for others!

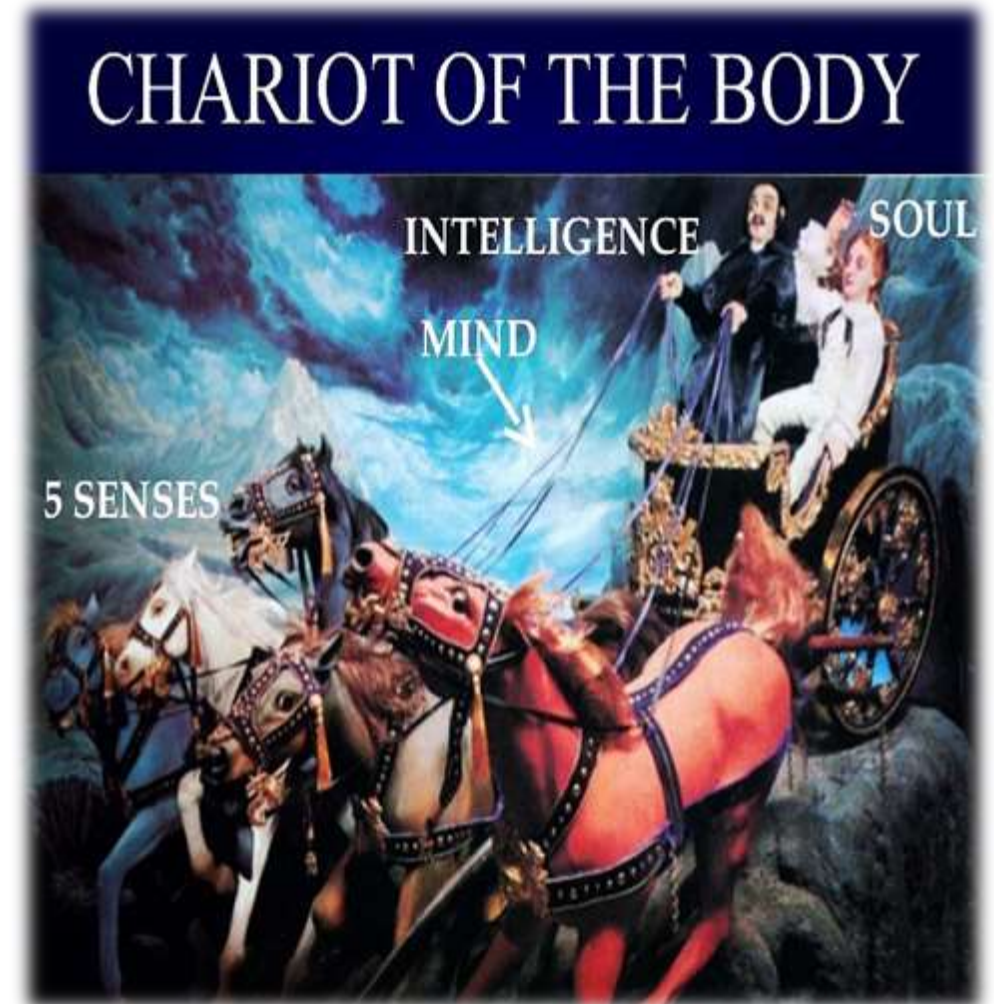
Where do we seek happiness?

- Guruji, I have come to this ashram hoping to find peace, but I am disheartened. I could not find it; so, it's time for me to take leave of you.
- *I lost my needle son; can you help me find it before you leave? I dropped it in my hut," said the guru.*
- Guruji, if you dropped it in your hut, why then are we searching out here in the yard
- *There is all this bright light out here, so I thought I will search here," said the guru calmly*
- It immediately dawned upon the disciple that **what he was seeking outside was what he had lost within.**



Who is superior Mind or Senses?

- The mind is of paramount importance in the spiritual realm because any **activity performed without the engagement of the mind is pointless.**
- The mind can do everything without the senses. All **the knowledge and working senses** reside in the subtle form in the mind.
- On the other hand, the **senses do need the mind** in order to perform any activity successfully.



Material Realm vs. Spiritual Realm



MATERIAL REALM	SPIRITUAL REALM
Physical actions are important.	Internal thoughts are important.
People look at the external activities performed. A person doing a good act externally, with hatred inside is still perceived as good.	God looks at the internal mind. Doing physical devotion with the mind in the material world is not considered devotion.
People of the world cannot understand the intention of mankind. Intention is important in the world as well, but people do not know it.	God knows each and every thought of every individual and notes it down. Hence, intention is primary when it comes to spirituality.

If we wish to progress,
if we wish to realize
our God-given potential,
we need to manage the

mind.

Swami Mukundananda



Interaction Questions

- How does state of the mind affect our lives?
- Relate any experience or a story where state of the mind was important
- What tools have you used to manage or improve the state of the mind?

If we wish to progress,
if we wish to realize
our God-given potential,
we need to manage the

mind.

Swami Mukundananda



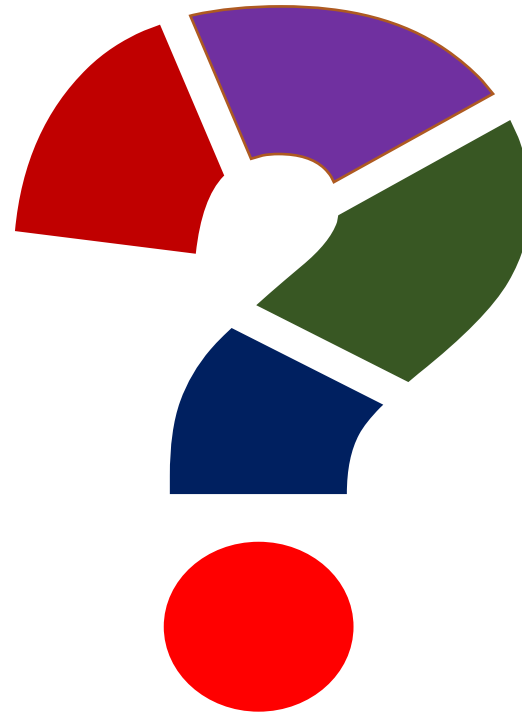
Interaction Questions

- Tools recommended
 - Journaling
 - Daily Contemplation – morning and evening
 - Meditation on “divine qualities”
 - Practicing selfless service
 - Bounding the mind with rules
 - Habits & Routines

Upcoming sessions!

- *We will understand how mind can be our best friend and the worst enemy!*
- *We will study with 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!**



Schedule of Sessions [April 2021]

Session	Book Club	USA Time	India Time
1	Science of Mind Management	10 pm CST on Friday 2 April	8.30 am IST on Saturday 3 April
1	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 4 April	6.30 pm IST on Sunday 4 April
2	Science of Mind Management	10 pm CST on Friday 9 April	8.30 am IST on Saturday 10 April
2	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 11 April	6.30 pm IST on Sunday 11 April
3	Science of Mind Management	10 pm CST on Friday 16 April	8.30 am IST on Saturday 17 April
3	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 18 April	6.30 pm IST on Sunday 18 April
4	Science of Mind Management	10 pm CST on Friday 23 April	8.30 am IST on Saturday 24 April
4	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 25 April	6.30 pm IST on Sunday 25 April
5	Science of Mind Management	10 pm CST on Friday 30 April	8.30 am IST on Saturday 1 May

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