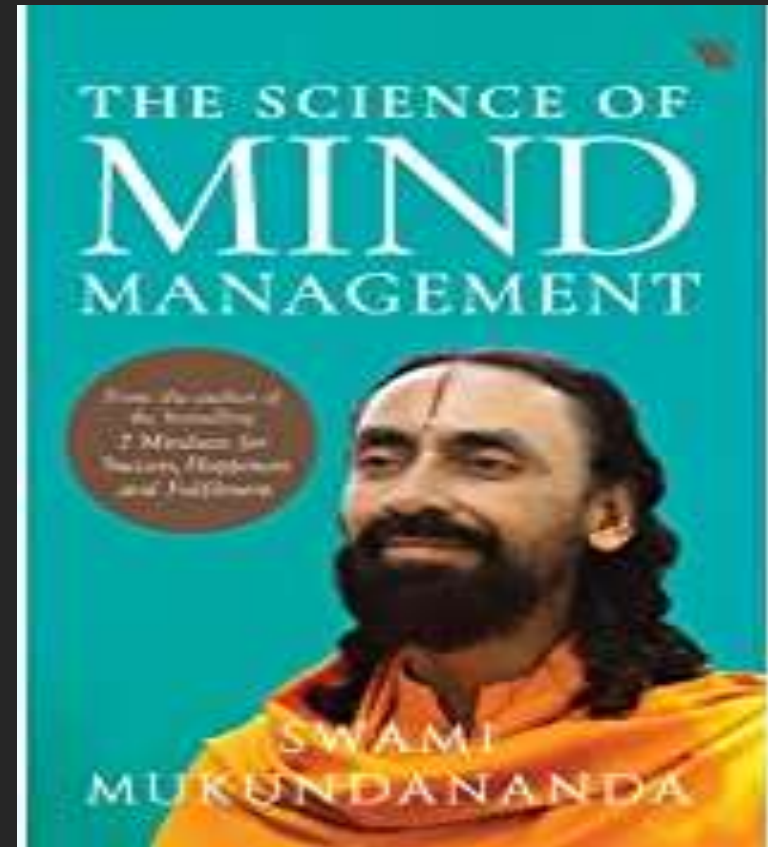


JKYog CICE Presents Virtual Book Club

Session 6



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

Agenda

- Chapter One: The Need for Mind Management
 - **Topic: The Mind—Our Best Friend and Worst Enemy**
 - Book (Science of Mind Mgmt.) Page 8-10

Recap from last week: State of the Mind



Achieved external
success, internally
bankrupt



Even with less external
abilities, internally
beautiful



Direction of seeking has
to change



Mind vs. Senses



Material vs. spiritual
Realm

*For a successful life, we need to continuously monitor and improve the state of our mind!
Today, we will dig deeper into how is the mind our best friend AND also our worst enemy...*



<https://youtu.be/pBsLgQGjg6M> (FIRST 6 MINUTES)

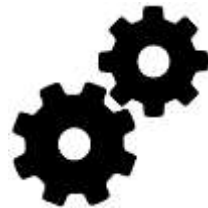
Does the Mind ever STOP?



**YOUR
MIND
is a
FACTORY**



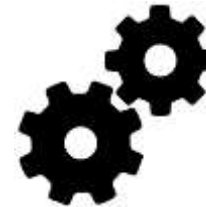
- Waking state
(Jagrat Awastha)



Mind keeps **working**



- Dreaming state
(Swapn Awastha)



Mind keeps **working** still!

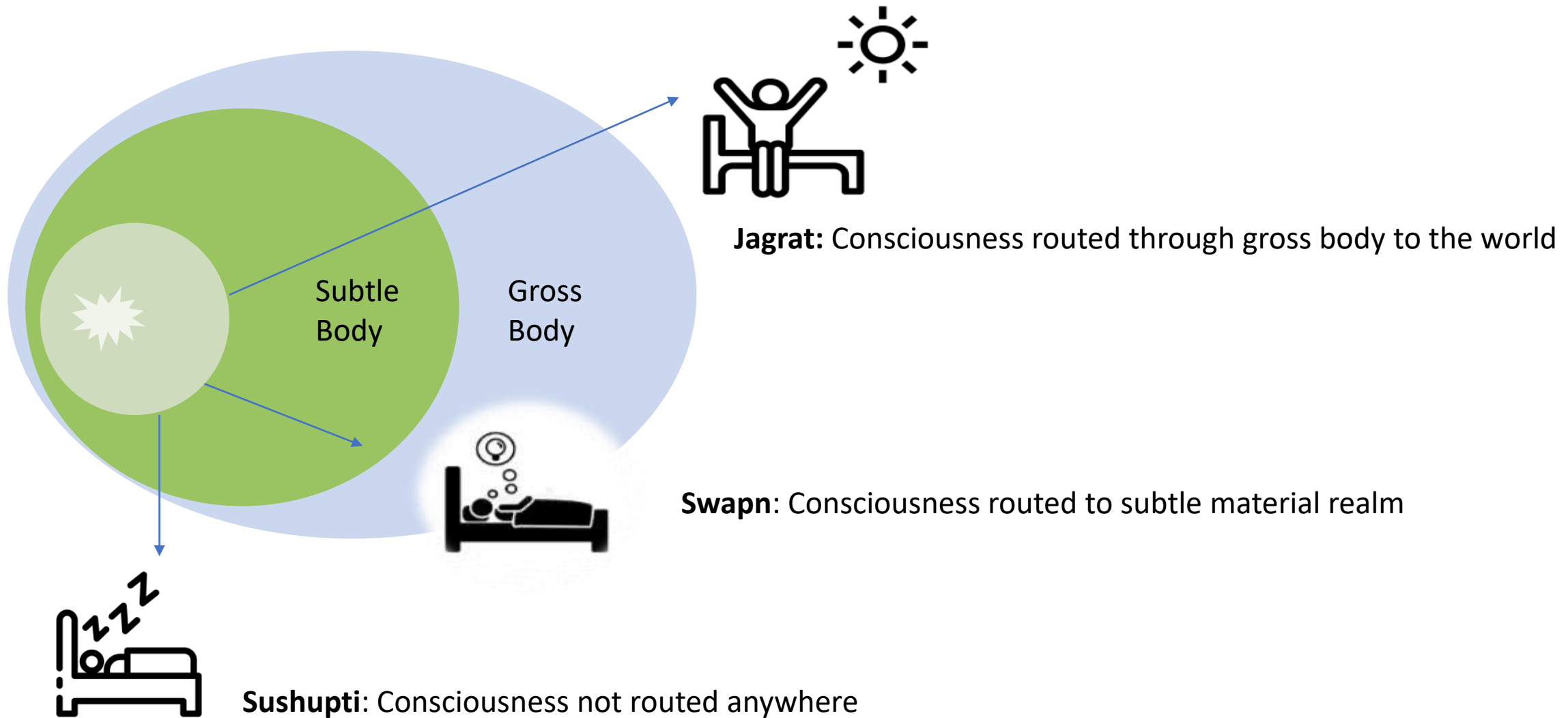


- Deep sleep state
(Sushupti Awastha)



Mind **rests**!

Does the Mind ever STOP?



Mind - worst ENEMY?



- If allowed to run wild, it steals our inner peace
- Undermines all our productive endeavors.
- If we harbor a miserable mind, we will suffer the torments of hell even if we are surrounded by heavenly luxury (Remember Elvis Presly!)
- We dissipate a large portion of our energy in combating external enemies whom we perceive as potentially harmful to us.
- The biggest foes such as lust, anger, greed, envy, and illusion reside in our own mind (LETHAL!)
- The demons within have the ability to make every moment a living hell.
- 'Resentment is like drinking poison and hoping that the other person dies.'

- [illegible]

Activity to Experience - The Pace of the Mind



- A short 3-minute activity to help you deepen the concept learnt today
- Just sit with your back straight, eye closed and listen away!



YOUR MIND IS
RACING A
THOUSAND MILES
AN HOUR.

Marty Roos

The Pace of the Mind

Reflect on these messages!

My mind is always racing, and
always going and always working,
and it's a gift and a curse.

Sean Combs

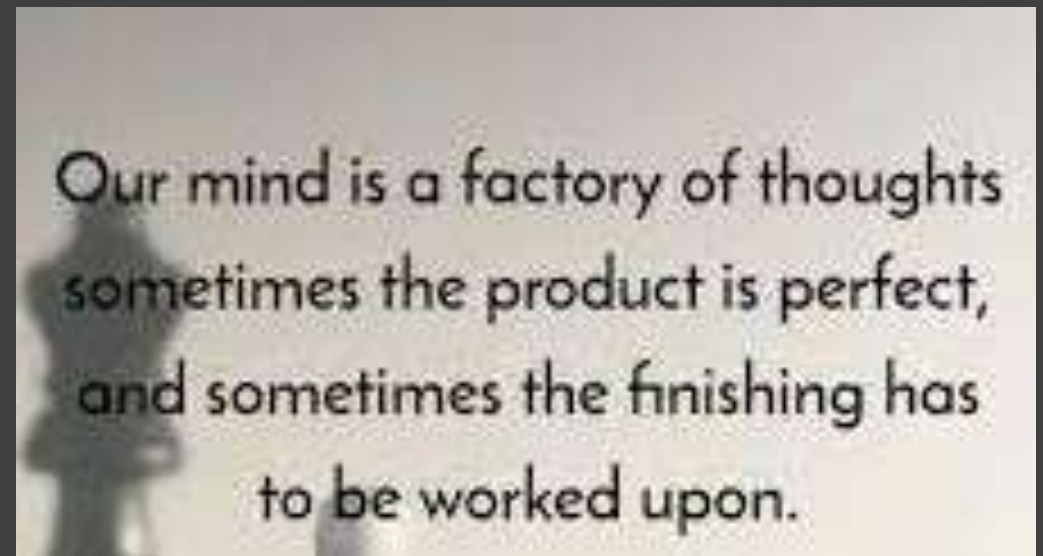
Bhakti Shatak Verse

***Bandhan aur mokch ka, karan manahi bakhan.
Yate kauniu bhakti karu, karu man te Hari dhyan.***

The cause of bondage as well as liberation from maya is only the mind. Thus, it is important the mind is absorbed in loving remembrance of Krishna while doing any kind of devotion

Interactive Discussion

- How does “mind as an enemy” affect our lives?
- Relate any experience or a story where mind was your friend or enemy?
- What tools have you used to make your mind your friend?



Upcoming session!

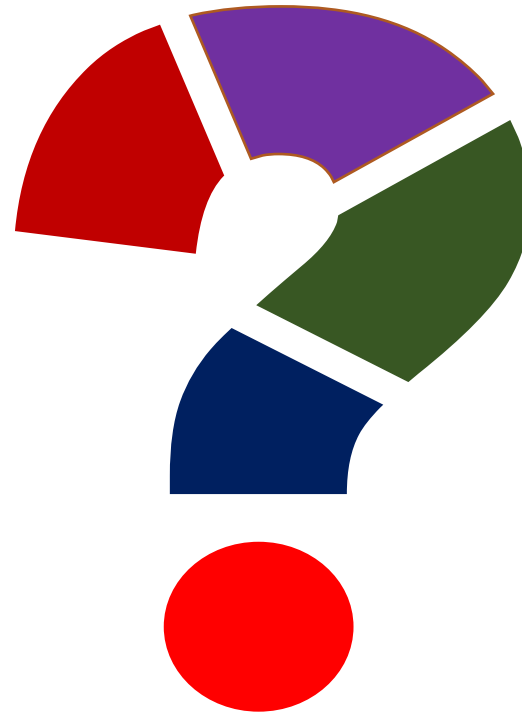


***WE WILL UNDERSTAND THE POWER OF
THOUGHTS!***



***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