

Book Club: Science of Mind Management

Session 7

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

- Quick Recap
- Book Reading
 - SOMM, Ch 1: The Need for Mind Mgmt.
 - **Topic:** *The Nature of Thoughts*
- Powerful Video
- Visual Summary
- Practical Application
- Experience Sharing

Recap



**Mind as a
“factory”**

**Three mental
states**

**Uncontrolled
mind as our worst
“Enemy”**

**Controlled mind
as our best
“Friend”**

Today's topic

- ***Nature of Thoughts***
- Refer Book Pg 6 -8
- Chapter: *The Need of Mind Management*

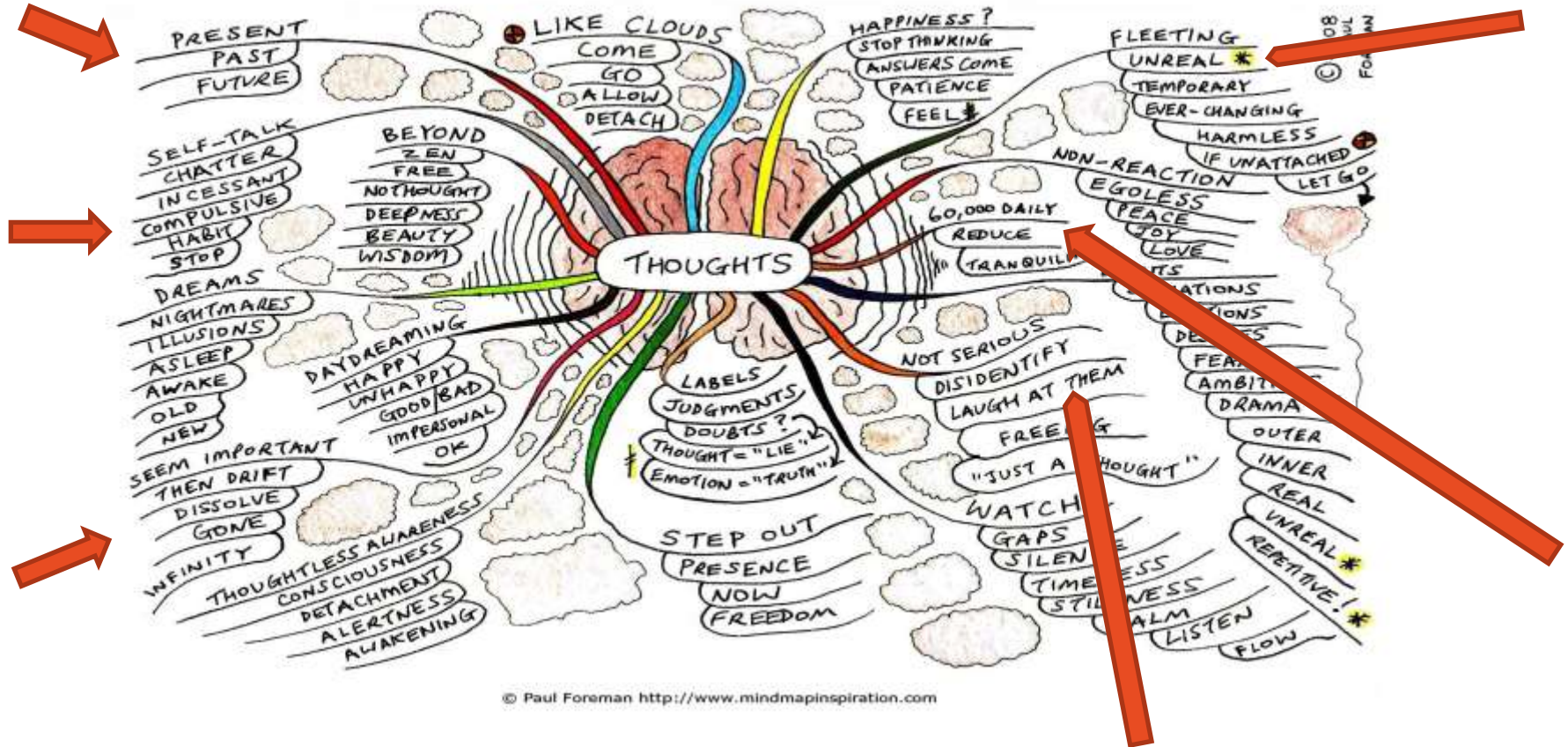


Power Capsule – Video



Video Link: <https://youtu.be/2uEPE44Ezy8>

The Thought 'MindMap'



© Paul Foreman <http://www.mindmapinspiration.com>

What are thoughts?

They are **subtle bundles of energy** created in the factory of the mind.

Radio waves are there though we cannot see them. Similarly, **thoughts too are subtle waves** generated by the mind.



Thoughts are **REAL** things
(generate biological and physiological effect in our body)

Thoughts may be **composed** of images (incidents, objects, people), language, emotions, and feelings etc.

Guess the message !



VS



Both “Chinta” or worrying and “Chita” burn the body! However, the difference is that “chinta” burns body “alive”.

Know the difference: Chit, Chita, Chintan, Chitchor!

Experiential Activity!

1. Turn your video on if you can!
2. Grab a **heavy object** (or two)
3. Hold the object at arm's length
4. Follow the countdown on next slide



A digital clock display with a green dot border. The clock face is a circle composed of 48 small green dots. In the center, the time is displayed in a green, segmented digital font. The time shown is 00:00:00.

00:00:00

Experiential Activity – lessons!

- Thoughts create **physiological and biological changes** (facial appearance!)
- Negative thoughts (e.g., resentment) are **poison tablets** we eat/drink ourselves!



Four Question Tool – Thoughts!

THOUGHTS are **NOT** FACTS PRACTICE

mindful
mindful.org

When you put some space between you and your reaction, it changes your relationship to your thoughts—you can watch them come and go instead of treating them as facts.

If you're stuck on a negative thought, ask yourself:

1

Is it true?

Often the answer is, "Well, yes." This is the brain initially reacting—the autopilot you live with and believe is you.

2

Is it absolutely true?

Is this thought 100% accurate? Can you see the thought in a different way?

3

How does this thought make me feel?

Notice any storylines you're holding onto, and name your feelings: *sad, angry, jealous, hurt.*

4

What would things be like if I didn't hold this belief?

Imagine possible benefits to your relationships, energy levels, and motivation.

Interactive Activity



1. **How do thoughts affect our actions?**
*To be good, feel good and do good,
what can we change?*



2. Share any **tools** to become more
aware of our **thought** patterns



3. Share any **experience or story** (from
this session or otherwise) **that helped**
you understand impact of thoughts



4. Any questions about spiritual path are
welcome too!



"Watch your thoughts;
they become words.
Watch your words;
they become actions.
Watch your actions;
they become habit.
Watch your habits;
they become character.
Watch your character;
it becomes your destiny."
- Lao Tzu.

- *We will dive into **the “mind-body connection”***
- *We will study and discuss the topic together with **practical tools, scientific and spiritual perspectives** to apply this knowledge in practical day to day life!*

THANK YOU FOR YOUR
PARTICIPATION!

Session Schedule (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

Book Club: Reminder



**Guided
Reading**



**Practical tools
and techniques**



**Introspective
activities**



**Spiritual
Stories**



**Topic related
Meditations**



**Fortnightly
Quiz**



**Quote of the
day**



**Session
summary**



Email Digest