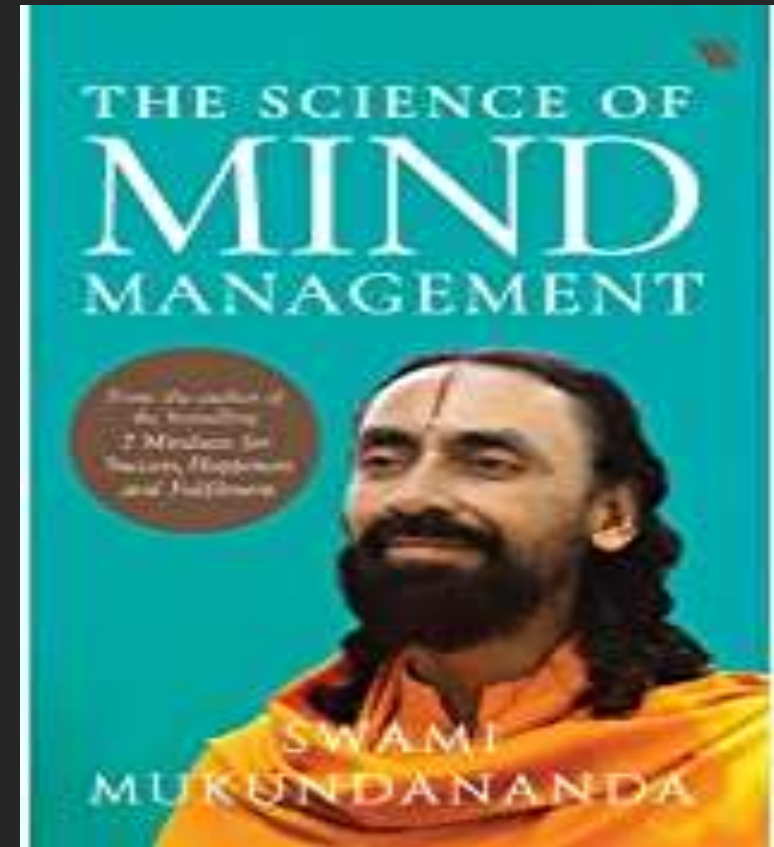


JKYog CICE Presents Virtual Book Club

Session 8



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

PRAYER

गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः
गुरु साक्षात् परब्रह्मा तस्मै श्रीगुरवे नमः

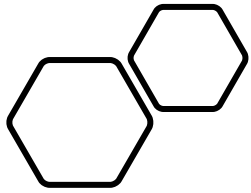
GururBrahma GururVishnu GururDevo Maheshwaraha
Guru Saakshaat ParaBrahma Tasmai Sri Gurave Namaha

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



Let us play & learn!
Time for **Kahoot Quiz!!!**

Using Kahoot Platform

You need TWO devices

1st DEVICE for this screen (with Zoom where you are logged in) where you will see questions

2nd DEVICE for responding to questions

Device 1 / Window 1 - Zoom window open

Read the **questions & the answer** options on Zoom window

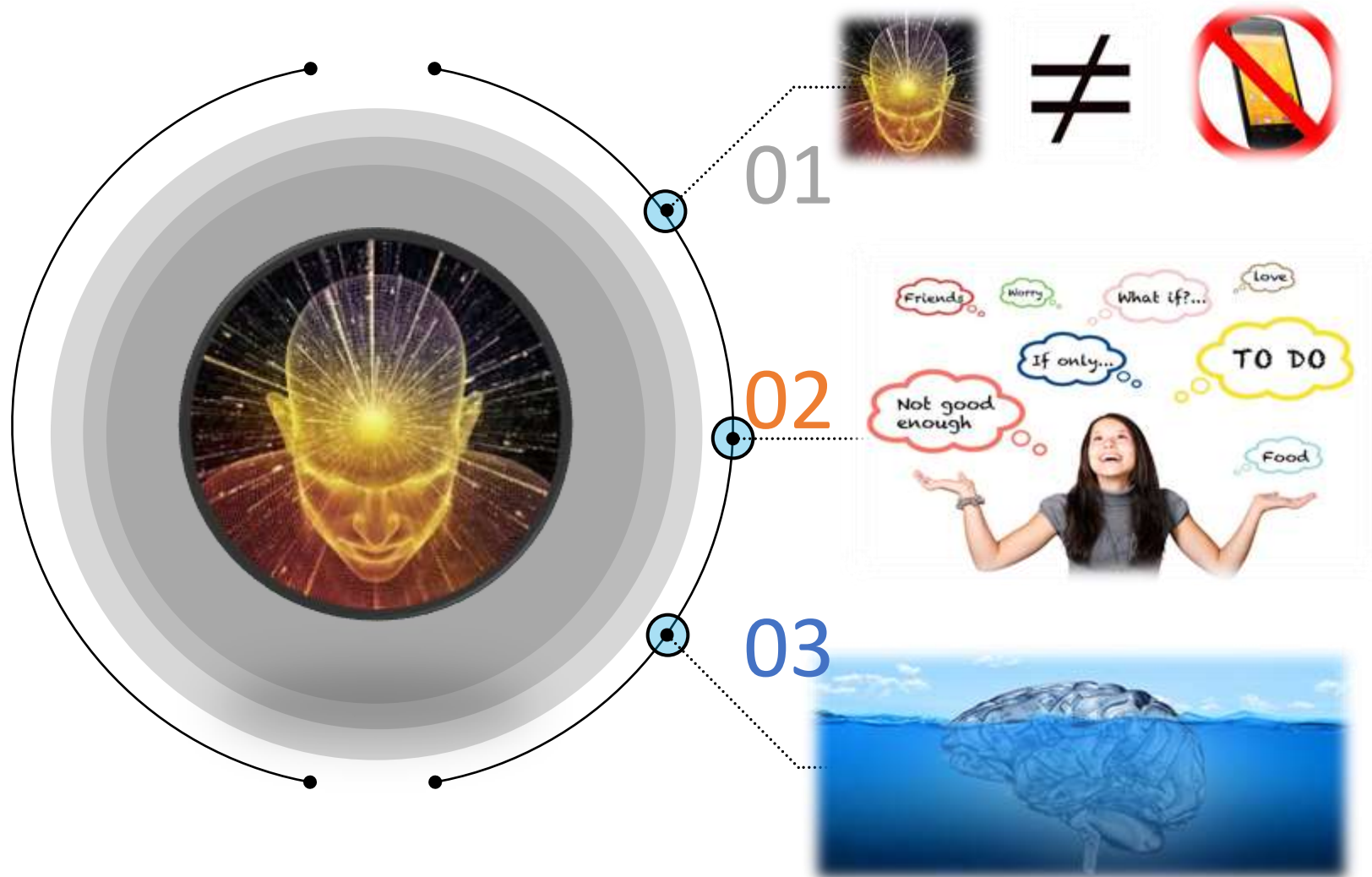
Device 2/ Window 2 – Open in a browser : [www.Kahoot.it](https://www.kahoot.it)

Enter PIN and you are ready to respond to answers in Kahoot window. *Questions and answer content will not be visible in this device. You should match the **option color** and **shape** to that shown on zoom screen to answer.*

Remember, faster you answer, more points you will get!!!



"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”

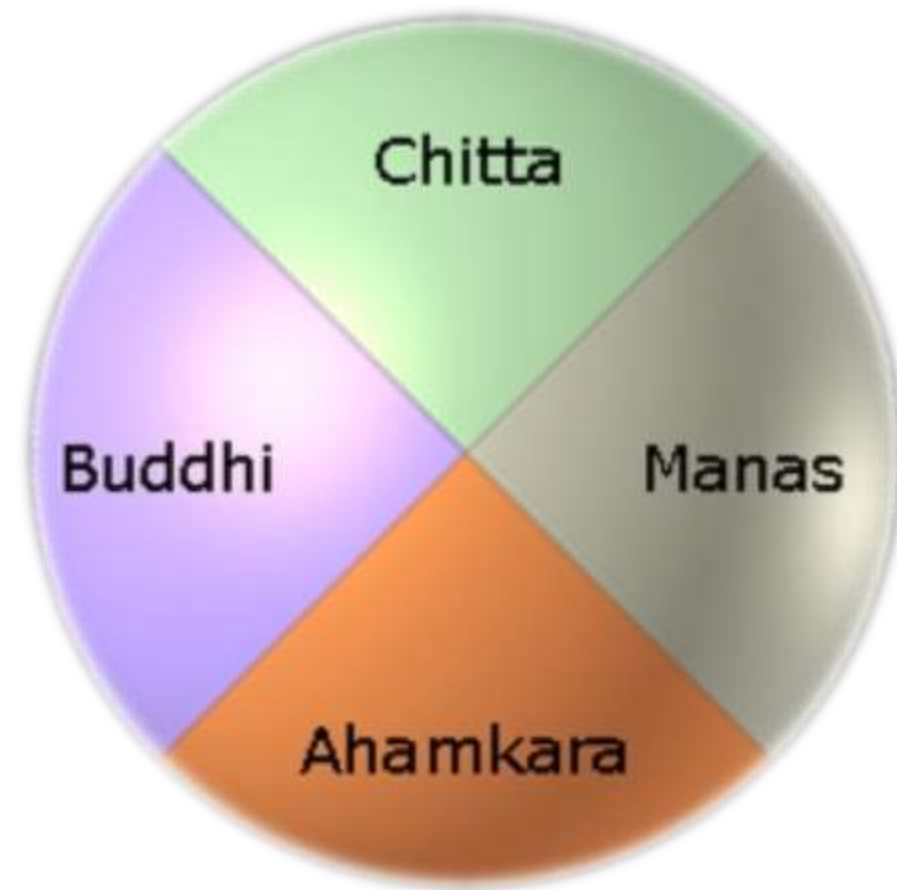
- For a person whose brain may be damaged, *mind can still function as it is subtler than the brain*
- **Brain is made of five gross elements of material energy** – fire, water, air, sky and earth; **Mind is “subtler” than these gross elements** (8 energies of Maya include Mind, intellect and ego)



Components of the Mind...

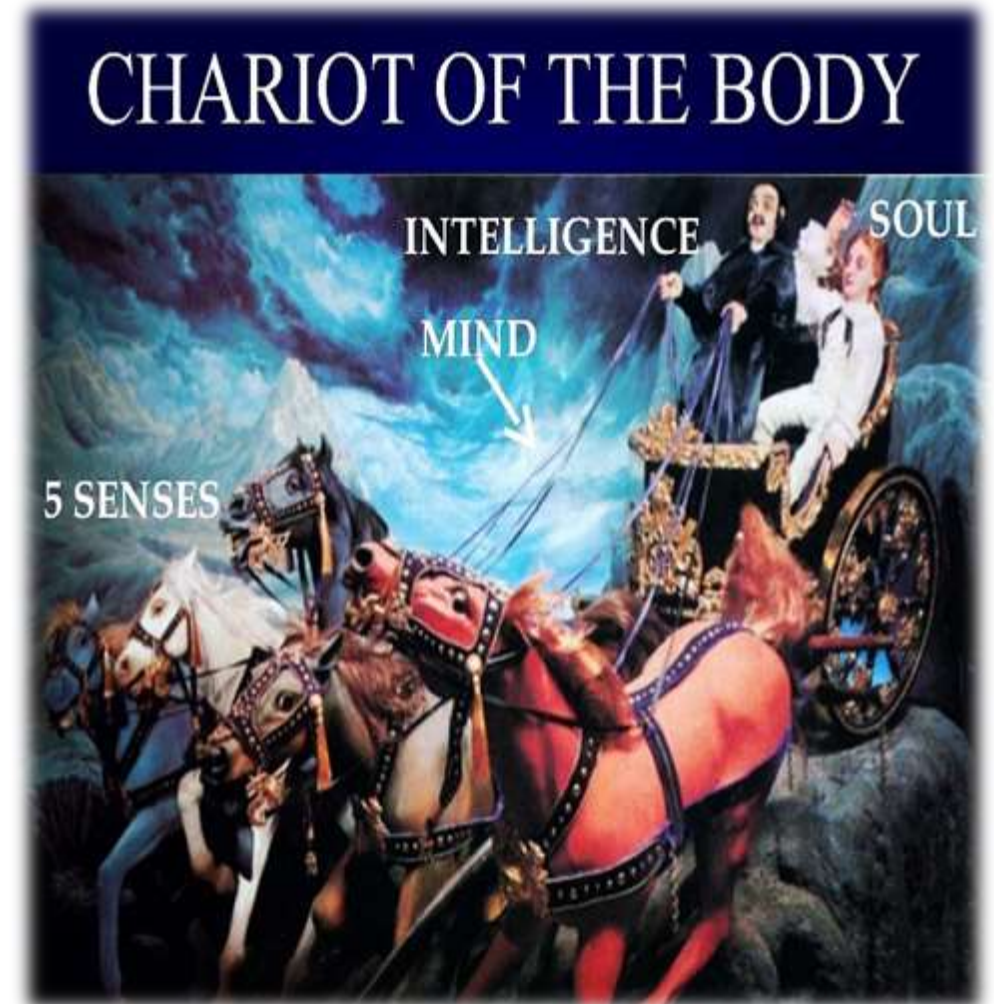
What comprises the mind?

- *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



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.



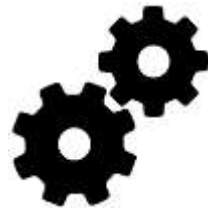
Does the Mind ever STOP?



**YOUR
MIND
is a
FACTORY**



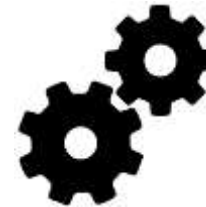
- Waking state
(Jagrat Awastha)



Mind keeps **working**



- Dreaming state
(Swapn Awastha)



Mind keeps **working** still!

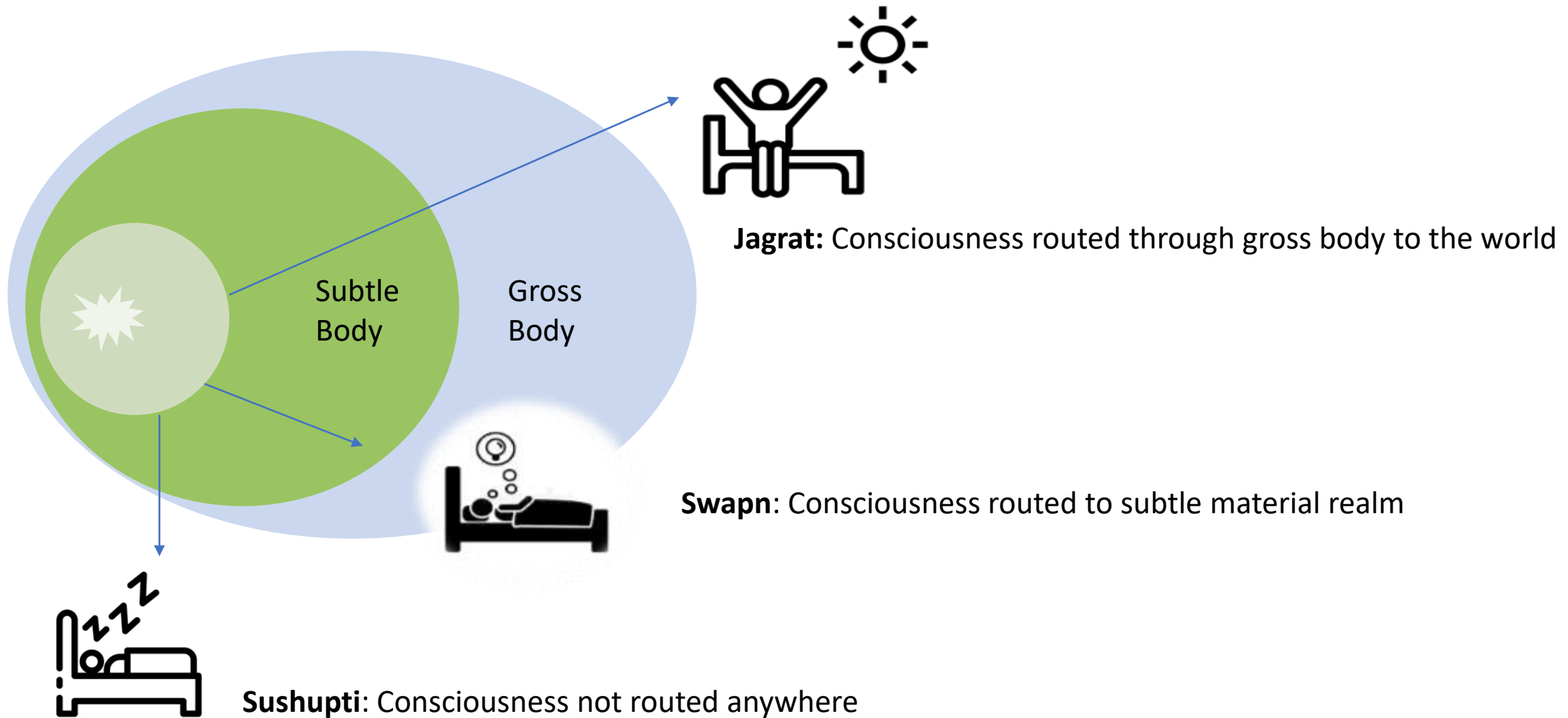


- Deep sleep state
(Sushupti Awastha)



Mind **rests!**

Does the Mind ever STOP?



- [illegible]

Guess the message !



VS

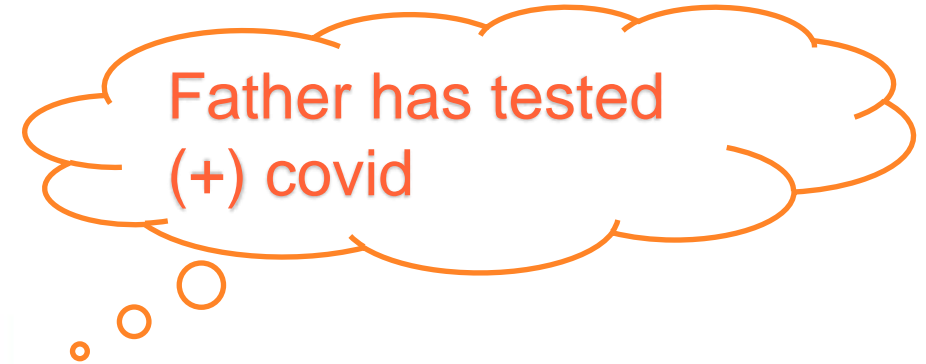


Both “Chinta” or worrying and “Chita” burn the body! However, the difference is that “chinta” burns body “alive”.

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



<https://youtu.be/SukBmEqYOIA?t=61>



A new mother with a three months old ...

How would you apply the Mind Management tools that we have learned so far...??

Radhey Radhey!

**Heartfelt Thanks
and Gratitude !!!**

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



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