

Book Club: Science of Mind Management

Session 9

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 Mind-Body Connection***
- Powerful Video
- Visual Summary & Recap of concepts
- Practical Application
- Experience Sharing

Recap



**Mind as a
“factory”**

**Three mental
states**

**Mind as “Enemy”
and “Friend”**

**Power of
Thoughts**

- ***The Mind-Body Connection***
- Refer Book Pg 8 (physical), Pg 12 (Kindle)
- Chapter: *The Need of Mind Management*

Power Capsule – Video



Video Link: <https://youtu.be/i56lwGIEjr0>

Thoughts chisel appearance!



Ponder Over:

**What thoughts it
generates in you when
you meet such a person
(in person or virtually)**

**Guess the expression?
(Type in the Zoom Chat)**

Mind-Body Connect: Common Instances

Goosebumps: People tend to experience goosebumps during **fear** and **emotional** situations, such as walking down the aisle during their wedding, standing on a podium, after winning in sports, or even just watching horror movies on TV. (spiritual angle too!)



Premature graying of hair, hair loss is widely considered as related to **stress**

Dry skin: **Anxiety / stress** causes dry skin for many and increased craving for tea, coffee, soda



Remembered Illness and Wellness

- Dr Wolf "Placebo effect": Ipecac: mind tells body that they should "feel" better, and body responds!
- **Remembered wellness** and **remembered illness**



+



=



Unconditioned Stimulus

Unconditioned Response



+



=



Conditioned Stimulus

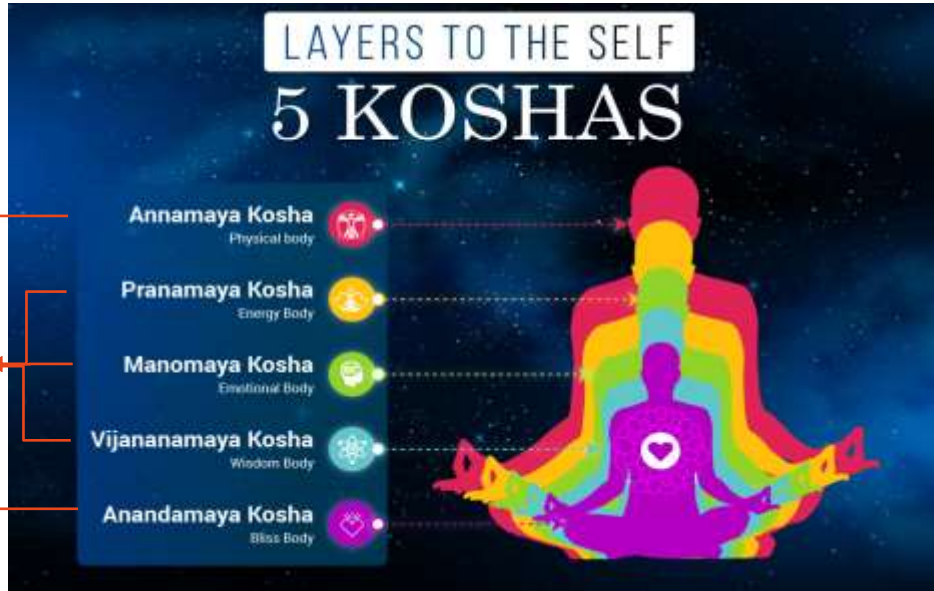
Conditioned Response

Five Sheaths

Gross body
(sthula sharir)

Subtle Body
(shukhsma sharir)

Causal Body
(karan sharir)



Points to ponder:

- Our body 's sheaths are like layer of onion!
- The process of spirituality helps us unpeel!



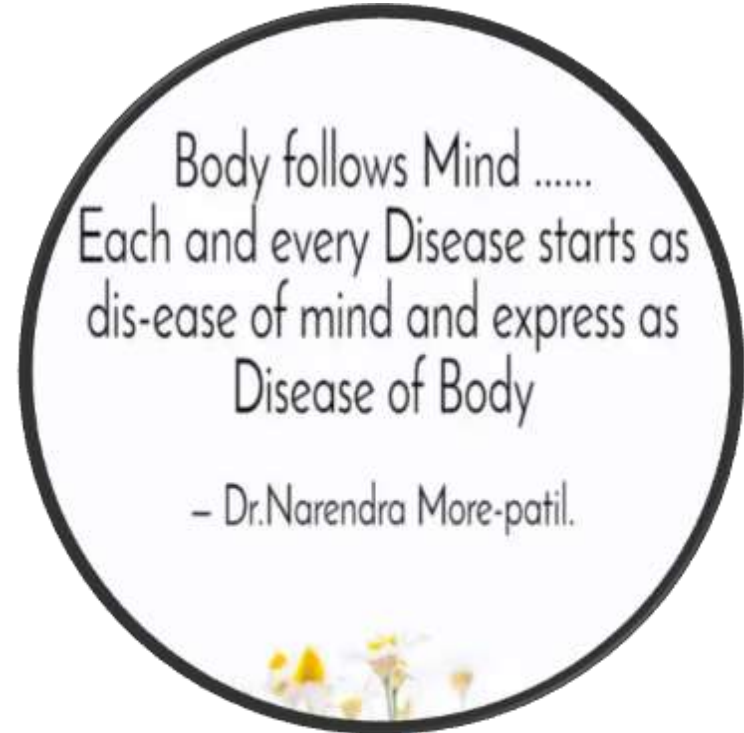
- **When the final goal of spirituality is attained the sheaths are burned down by the Grace of God that comes through the Guru! (Power of Divine Love)!!!**

Disease : spirituality and science

Lord Ram to Maharishi Vashisht:
what is the cause of disease?

Maharishi Vashishta said:
Disease begins in the mind!

When we harbor negative
thoughts, manomaya kosha (mental
sheath) gets disturbed



Disease: Doshaj vs. Karmaj

Ayurveda: Doshaj and Karmaj



- ~~Doshaj~~ **Karmaj** diseases are reactions to bad karmas or actions from our **past lives**



- ~~Karmaj~~ **Doshaj** diseases are a consequence of defective habits of eating, sleeping, thinking, working, etc. in the **present life**.



- Behind both are negative thoughts that result in harmful habits and immoral actions.

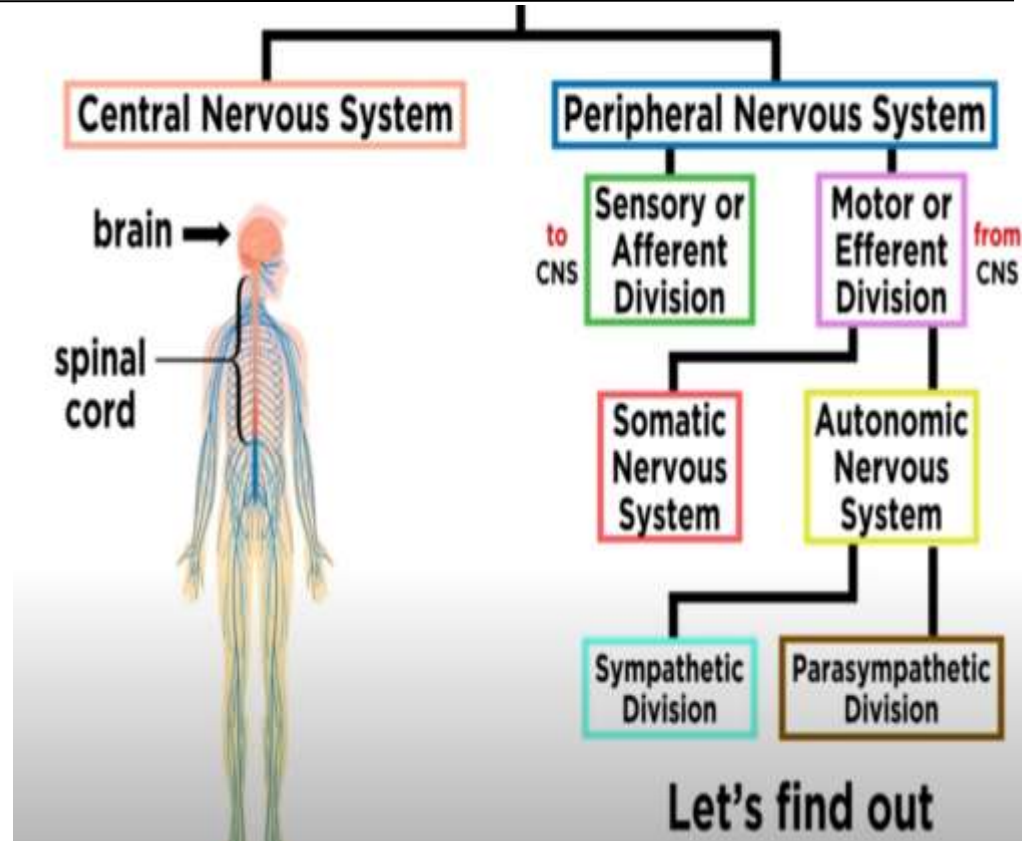
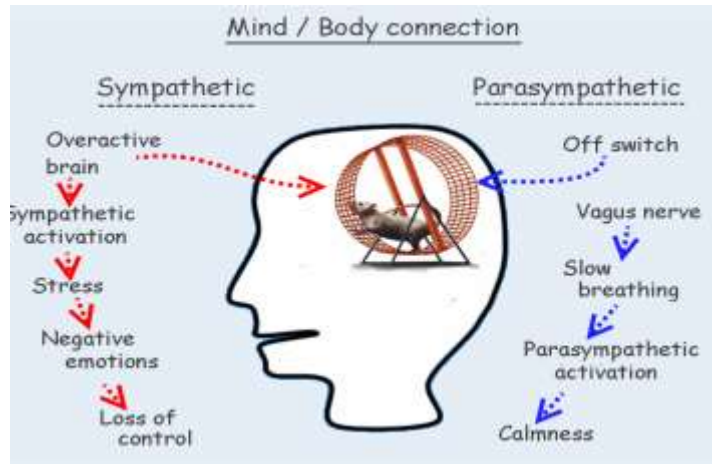


Point to ponder: Can we blame a disease as from past karmas and stop putting in effort?

Nervous System

Our complicated body has an interesting nervous system “hardware”.

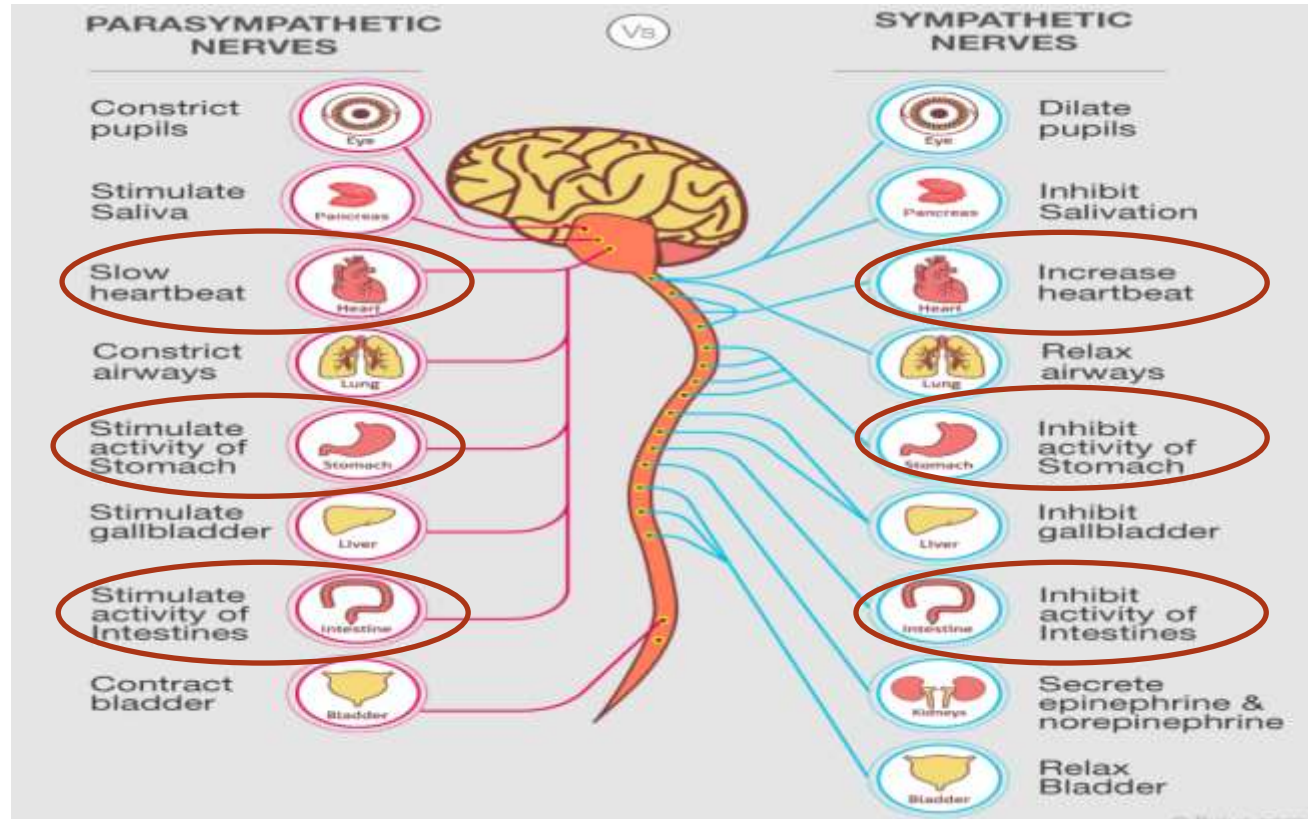
- Worth remembering that a lot of our activities are taken over by the autonomic nervous system (e.g., breathing, digestion, heart-beat)



Nervous System

Point to remember that our fight or flight responses are linked to activated sympathetic nervous system vs “feed and breed” are linked to parasympathetic nervous system.

-> When our parasympathetic nervous system is activated – the damage done by the sympathetic nervous system is repaired! (think slow heartbeat, deep breathing, better digestion!)



Quotes worth remembering!

“

As a plant springs from a seed,
so our every act springs from the
hidden seeds of thoughts
we harbor within us.
Good thoughts bear good fruit
and bad thoughts bear bad fruit.
This is such a simple truth.

-Swami Mukundananda

The cells in your body
react to everything
that Your mind says.
Negativity brings down
your immune system.
~Loretta Lanphier

Facebook.com/MiracleOfYoga

Book Club: Case Study for today



illness is caused not only by viruses and bacteria but also by the negativities the mind harbours

With the current COVID-19 crisis, what is the role of “FEAR” and “NEGATIVITY”? What can we do to get over the negativity?

Which of the solutions below would you choose and why?



- *We will dive into **the “Inner and Outer Worlds”***
- *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 (May 2021)



Session	Book Club	USA Time	India Time
1	Science of Mind Management	10 pm CST on Friday 30 April	8.30 am IST on Saturday 1 May
1	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 2 May	6.30 pm IST on Sunday 2 May
2	Science of Mind Management	10 pm CST on Friday 7 May	8.30 am IST on Saturday 8 May
2	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 9 May	6.30 pm IST on Sunday 9 May
3	Science of Mind Management	10 pm CST on Friday 14 May	8.30 am IST on Saturday 17 April
3	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 16 May	6.30 pm IST on Sunday 18 April
4	Science of Mind Management	10 pm CST on Friday 21 May	8.30 am IST on Saturday 22 May
4	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 23 May	6.30 pm IST on Sunday 23 May
5	Science of Mind Management	10 pm CST on Friday 28 May	8.30 am IST on Saturday 29 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