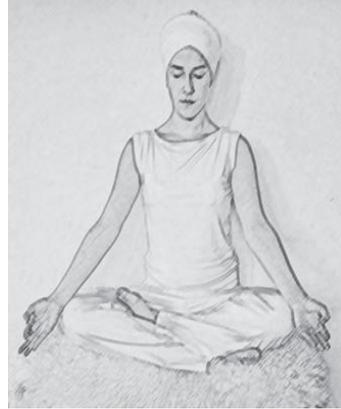




Sit straight, in an Easy Pose, hands in Gyan Mudra.
While the teacher speaks these words, the student listens
with eyes closed, then repeats the words aloud. Listen
carefully:

I am an individual.
Very graceful.
Totally pious.
Absolutely perfect.
Unmistakably beautiful.
There is nothing the word can describe.
I am absolutely righteous.
A living truth.
In my conversation with friends.
In my conversation with enemies.
In my political life.
In my social life.
In my material life.
In my individual life.
In my private life.
I am absolutely correct.
Righteous.
Wise.
And totally good.
I understand.
Everything.
Absolutely I am perfect in knowledge.
I created God.
He never created me.
I am not kidding—it is the truth.
I am talking about it.
Therefore, I am the Creator.
I can create the word "God."
By writing it on the wall.
By speaking it with my tongue.
By communicating with people.
I made the radio.
Television.
I print the newspaper.
I spread everything which I know to do.
I am master and owner of this whole universe.





Open your eyes. Assess in your consciousness what percentage of what was said you totally agreed to in consciousness?

To End: Chant ONG long and powerfully. If there is a class, have the women start and the men join, so that there is an overlapping of the sound with separate starting times. This is the sound of creativity of the word. Chant 3-11 minutes. Then inhale deeply, hold the breath, and exhale.

Comments:

“In the beginning there was the Word, the Word was with God and the Word was GOD.” We always make a basic mistake: we do not recognize the power of the word in creating our world. There is no energy more potent than the word. Because we are unaware of the effect of what we say on consciousness, we say whatever we want and do whatever we feel. There develops a duality between word and action. This duality creates confusion, inconstancy, lack of will and radiance. It is essential for the human life to coordinate our actions with the channel of creative energy of our words. When we say “yes,” we should mean exactly that. Observe how much your mind is behind what you say, or how phoney you are. This meditation causes you to assess how well you have coordinated actions and words. If you have not done this, there will be a duality in personality that you will experience as conflict. We need to assess ourselves in this manner all the time, until the mind is trained to say only what is true. Then you can know the depth of the self and the unlimited creativity of the finite in relation to the Infinite in the personality and existence of the human being.