

NM345 A00425 *Mind and Mentality II Scope and Projection I Am Nothing, but God*

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Someone may know your mentality, but they may not know your mind. If you are restricted, constrictive, critical, nagging—you are doomed. You should be willing to choose your mentality's scope and projection. Ask yourself if your mentality proves that you are gracious, compassionate, kind, truthful, real. Happiness is your human birthright. And the secret of happiness is to have a clean, clear mentality. With all of God's love, He has made you a human. You must have the mentality and personality of a human. You must have a relationship between you and your mind. *"O my mind, be with God all the time. All worries and discomforts will be forgotten. God will be with you and guide you to do all your jobs."* —Anand Sahib, by Guru Arjan God is perfect and can do it all—why do you forget this? You forget you are a person, that you are compassionate, kind, beautiful, virtuous. When we are forgetful, we cannot be grateful. We must not forget we are made in God, with a perfect mentality, gracious. Practice it, remember it. Will you remember it? If you truly start practicing, soon I will be left with only 2 or 3 students! I came here to create masters of dignity and destiny who can give people happiness, joy and comfort. Animals are animals because they have impulses. As a human you are supposed to have intuition. You can only live between yourself and God, with intuition connecting you with the totality of the realm of the consciousness in the cosmos. This is the Infinity of which you are a part. That is your reality. That is your religion. Sit under a tree somewhere and think about it. Intuition means you see, you know, you solve. The human brain is very competent.

SHOONIYA KRIYA - I Am Nothing, but God

Sit straight in a cross-legged position. Extend your arms straight out to the sides with the hands facing forward and the fingers spread. Eyes are focused at the tip of the nose. Chant Har, Har, Har, Har... by Simran Kaur and Guru Prem Singh (Tantric Har). Alternately, on each Har, flip your hands to face upwards and then downwards. Continue for 11 minutes. To end, inhale deeply, hold the breath, stretch your spine and stretch your hands outwards as much as you can. Bring your molecular rhythm into the fingers of your hands. Bring heaven and earth together. Exhale. Repeat 2 more times. On



the last inhale bring the spinal energy from the base all the way up and spread it outwards. Relax. Do this exercise for a few days. Do it for your shoulders, your arthritis, your digestive system, your colon. This exercise hurts because there is nonsense going on in you. Take care of your body and it will not hurt. If your body cannot serve you, how can your mind serve you? Sometimes simple things serve you better than big things.

Springtime Yogic Massage Massage the body with a 2:1 mixture of virgin pressed mustard oil and fresh ginger juice. Lie down and rest. Then relax in a bath tub full of lukewarm water and clean yourself off. You will save your skin and many things under it. When summer is coming, because of the change of the season, you can get many kinds of pimples and sicknesses. This massage will keep you very clean and clear. **Har Har** (Har-Har) (Har, Har, Har...). **Har**, the creativity of the Earth, the dense element, the power of manifestation, the tangible, the personal. God.