

NM190 951031 Connect yourself to the reality

Today is the reality day: you are a trinity: you are men, you are angels and you are evil

You exist together with reality, around you there's the no-reality and you can chose what relation to. Connect yourself to the reality, extend the Divine in you..

Human being has the capacity to extend himself to the Infinity. Good or bad are just a test, but really you have only one option. What do you want to chose, God is Compassion,Creator of everything,..... and in all of you there is a Soul.

this evening we conquer the death because life is Be and you are you. You are the Self.

Whatever you are you always are a Self Lecture 15 minutes,

23 minutes: Balance your hands: right palm towards down at shoulder level, and left palm towards high at nipple level, elbows are at the body side, close your eyes and chant Wahe Guru Jio Gyan Ji version (France tape).



1:
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1
silence

to finish: Inhale ... hold and shake strongly you spineand exhale (3 times)

You are master of time and space and you have the possibility to chose where connect your Self.

Sat Nam.