

**TCH36 8 A00724 You and Thou Change the Elemental Psyche** July 24th, 2000 - Espanola, NM, USA #TCH36-8

**N**ormally we feel that we deal directly with each other, but that is not how it is. Your psyche and my psyche can inter-twine, but that is only one third of the equation. The powerful environments that come between us are the other two thirds. Somebody planned to meet a friend at 7 o'clock. He took his car and, after 2 miles, his tire was punctured. When he put on the spare tire and a front wheel burst he had no spare. The truck, which gave him a lift, took the long truck route. Finally, he went to meet his friend, and she was not there. He waited and waited, only to learn that she had been in a car accident. He went to the hospital to meet her and they asked each other, "Did you make it on time?" They both smiled. This is the pattern in life—the environment decides two thirds of every issue. When you say something, make a promise, or try to deal, if you forget that the psyche controls the electromagnetic field and that you live by the electromagnetic field, you are dealing with fantasy, imagination, or plans. You think that you can act within a certain time and space, but two thirds of the psyche-controlled universe is not under time and space. When the psyche of the environment is not in accordance with your plans, nothing will happen, no matter what you do. We must apply a meditative mind to see through time and space to reality. A chief executive left his office to meet someone at a restaurant for lunch. His elevator got stuck between floors. Exhausted after spending five hours inside, he told his friend there was an accident and he went home and slept. This friend came to talk to him and found him snoring. When he woke up, he said, "What happened? Did we have lunch?" "No, you had lunch in the lift." These are not exceptions. A man used a little cup to fill a big mug. As he put the cup away in a safe place, he hit the mug, and the entire contents fell to the floor. Man collects, little by little, and God spills it all out. This is the story of our life—because our psyche is not in system with the environments, and we do not consider the environments to be part of our lives. We presume the elevator will work, the car will work, and that we will work, and then realize that nothing is happening. We live by emotions and feelings rather than intuition, which we do not develop. Guru Nanak says in Japji, *"A yogi is supposed to know everything, but he does not know when God was created, because only the Creator who created the creation knows—nobody else knows. If all the wood of the world is turned into paper, and all the water of the world is made into ink, and if all the feathers of the birds are made into pens, and you write about God, in the end you have written nothing."* You must recognize that there is a trinity—"I and you and Thou." When you ignore Thou, Thou ignores you. When something is not working you say, "I had bad luck." The problem is that you do not collect the trinity "I, you, and Thou." You do not consider the environment before starting something. A woman called me, crying, "I'm pregnant!" "What is wrong with being pregnant?" "He doesn't want me to be pregnant." "You should have asked him before he slept with you." They decided to have an abortion. In their beautiful love affair, the role of the psyche was not systematically considered. The human mind thinks that it knows all. The Universal Mind knows that It knows all. The most powerful part of "I, you and Thou"—Thou—should be in its place. In the meditation tonight, see if you can realize that you are more than you.

**MEDITATION - Change the Elemental Psyche** Sit very straight in a cross-legged position.

Raise the forearms parallel to the ground with the hands interlaced in Venus Lock in front of the chest with thumbs locked. Pull on the lock. Eyes are closed. Make an "o" of your mouth and do Breath of Fire through it. Be steady. Use the strength of the diaphragm and the navel. Continue for 11 minutes. To end, inhale deeply, hold, and keeping the hands locked, stretch the arms straight overhead. Exhale. Repeat 2 more times. Relax. This meditation can change your elemental psyche. It will help you know you are not an emotional beast, but at least part angel, part beast and part human. Out of this trinity, you must develop the mastery of the human mind.

