

## FEAR 21 The fear of your mind

The problem is that you are always in sale. You don't have any respect for yourselves and any ideal

to follow. Is a totally crazy world and the social life is structured in a way that each one act as in a sexual sale, and the sale happend with discount of 25 % or 50% and nothing else. . . Effectively the life begin at sixty years, at 64 is the point in which you have to live with sage and nothing else. Until 25 you are students you have to learn how to live, between 25 and 50 years you live through the onor and you learn how to educate yourselves. Then you have to live with sage without attachment.

When you are young you have a lot of passion, when we are old if we don't have a corrsponding sage we will be handicapped; be youg with no passion or old with no sage is something that does not work.

The life is not how many rooms or how many beds are in your house. One day a person told me :

despite every thing there are 20 person that wants to marrie me. I answered : souch a good speach to sale. You judge from how many person wants to go to bed with you, how many friends you have, these are the standards with wich you judge in the life; not if for example you know your soul, or how mouch integrity you have, grace, character and how **YOU ARE YOURSELF**. You are a mammiferous without territory, you are a human but effectively you are not souch. If you look for the things, the things will come to you if you have a meditative mind; you have to remember that there are million things that comes to look for you but they can't find you because when they arrive you are not there anymore. Any women that is looking for the husband if they would only seat and wait,, the husband would arrive. If so is written he will come strait.

This is the age of Aquarius and the people have begane to realize that the stupidity does not work, and they are becoming more sage. You do wat your parents have done to you when you where children; you do it to let the insecurity come out and you can't became you own insecurity. Now you are that cover your own ego in the way that you can't be your ego. There is nothing I can do for you, you'll suffer , I know

ou'll suffer. If your parents would have stop to cover you and let you walk with theyr legs. If you, now that you are grown would walk with your legs, you would have a lot of happiness and a lot of friends.

The majority of the people get sick and this is the rule of the health, because the death keep the life and then gradually the desth became stronger and the health weaker. In tendency no one want to die, the life in spite of pain and tragedies is very beautiful, but to everyone you ask he always says that he is sick. In the life even if certain things does not works and you know that that are wrong, you do it and do it again. The people should not judge and they always judge, they should not be depressed and they are always depressed.

This is because the mind is at the same time receptive and expulsive. The mind can turn toward herself or outward, this are the two state of the mind that are the pattern. In the old time if someone would be mentally blocked, he would be enclosed and chained, and for him the life was over. The capacity of the mind to be aggressive or depressed are part of the mind itself and there is no one that could do something for someone else, anyone have to clean by itself its own house, it is necessary that you maditate every day, everyone have to do it. But always you say that there is not time for this, you think that is a subjective ting. Once a person to which I said to meditate for 31 minutes per day told me " I don't have neither 3 minutes of time " , and I answerd him that there is not problem,

" if you continue in this way, in a couple of months you will be in a psychiatric hospital, and then we will take back the discussion".

The mind is of your property, and ca bring you to God and can bring uou to the hell , or can keep you inside of yourself. But everything your mind does it is not true, this is the tragedy, she is not true even she bring you to God or at the hell, she is not true because is only a strenght, is not creting, you can vibrate with the mind but this does not means that you are in contact with the reality.

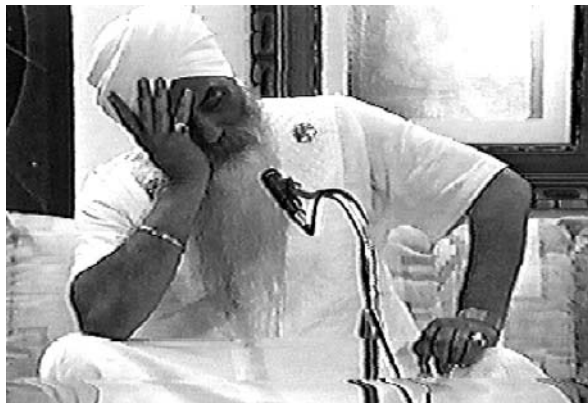
Tonight I will put you in a state of Trance to let you see how strnge you are, because the time is arrived and the energy of the aquarian is arrived and all the planets are like insane and also the human are becaming insane and if you don't do certain thing you will be cooked.

11m. Guru Ram Das LillibyPut your right hand under your chin and simply do this: relax in this position. The other known from hundred of years. Without faith in God you cannot overcome old habits, if you are used to be insecure. You have the life but you cannot live it; you live but you don't have the experience; you have the experience but you don't know how to rejoicing it. That's because you don't trust yourself; there is so much tension in you than you live a very dull life.

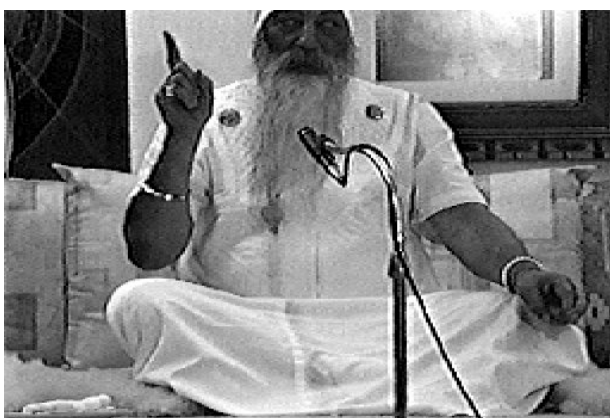
Not by checks simply by this: relax in this position. The other in the picture, then bring them up, as if you were pushing up something very fast.



SAT NAM.



11 minutes - ANG SANG WAHE GURU Left hand on your knee, the fingers are in the position as in the small picture, (your middle-finger above the index-finger, Saturn above Jupiter, your thumb - the ego - closes the other two fingers). Your right hand, the index finger (Jupiter) it's stretched and is rotating while the other fingers are closed on the palm of



the hand. Close your eyes and go, this meditation gives you prosperity and expansion. To conclude: inhale... contract and continue to turn your finger and contract...and exhale (3 times)..