

“Shadow of a Mental Projection”

Negative Mind x Ahangkar/Neutral

*Every cause has an impact and an orbit of effect. This Projection uses the Neutral Mind to intuit all the expected and unexpected impacts of the mental thoughts you feel now or that in the past were a part of you. **Too much**, and people become socially distant out of subconscious fear of your perception, bluntness, and truth. **Too little**, sells short the benefits and grace of the universe from your actions. Accidents happen. **Balanced**, you gain wisdom and self-guidance to hold in trust all that comes to you. You are never swayed by abundance and hold closely to the path.*

Synchronization Meditation

Sit with a straight spine. Put elbows by the sides; forearms parallel to the ground, pointing forward; palms face up; wrists straight. Touch the thumb tips to the tips of the index fingers. Look down the tip of the nose. Chant in a steady cadence:

***Har ha-ray ha-ree
Wha-hay gu-roo***

*Three qualities of Har:
seed, flow, and completion.
Ecstatic Infinity of God*

Continue for 11 to 31 minutes.

*This meditation provides guidance and the way through any block is yours.
The future is clear, without anxiety.*

