

ASPECT FIVE • P R O D U C E R (from the mind)

PROJECTION THIRTEEN • GOURMET "*Creating Art Through Past Memory*"

Positive Mind x Ahangkar/Negative

When balanced, this projection acts like a gourmet that intensifies sensations and experiences them very personally. There is a tendency to be a collector; to acquire things that will express your feelings and ideals. The positive feelings of the past are savored, repeated, and refined. It becomes a way to feel who you are. It is an aesthetic of the personal past. At best this can lead to a cloying nostalgia, or an attachment to miseries of the past as a way to belong. The writer Salinger did not publish a story for decades after "Catcher in the Rye." He said it was to keep the experiences he wrote about his own, undisturbed by the thoughts and feelings of others. That is what happens when this projection is too strong.

Synchronization Meditation

Heart Shield Meditation

Sedete dritti con il palmo della mano sinistra 4-6 cm. di fronte al centro del cuore. Tenete rigidamente le dita, ma non troppo. Gli occhi guardano la punta del naso. La mano destra è poggiata sul ginocchio con la mano in Cyan Mudra ma con l'indice arricciato sotto il pollice e le altre dita unite. Cantate::



Sat Narayan Wha-hay Gu-roo Ha-ree Narayan Sat Naam

True Sustainer Indescribable Wisdom Creative Sustainer True Identity

Continue for 11 minutes. Then inhale, hold briefly and relax. Meditate with open awareness as your heart center adjusts your feelings with the boundaries of the self.