

## **Meditating on the Different Names of God**

**Mudra:** No posture is indicated. Just close the eyes, and meditate on the words of the various religions calling God's Name.

**Tape:** Matamandir Singh's *Jehovaah*, from a tape called *Baria Hath*.

**Time:** 2 minutes.

**End:** Inhale and relax.

**Comments:** Every religion has one word:

*Jaa-ho-vaah- Yaah*

*Haa-le-lu-ja-Haa*

*Laa-ay-laa-Laa*

*Raa-maa-Raa*

*Saa-taa Naa-maa-Saa*

They don't have more than one sound, yet still man fights with each other. Man and his world, and his kingdom, and man dividing each other, "I am black, I am yellow, I am pink, I am gold, I am white, f am this." The fighting has never stopped. Neither religion has stopped it, nor geography has stopped it, nothing, because basically there is a greed. The idea is, "God is impotent, He will do nothing, I have to do everything." The fight is between "I" and "Thou." But the Teacher belongs to "Thou," not "I."

We have practiced religion for thousands of years, we have never practiced reality. Reality is: We are spirit. We are always spirit. When we are not spirit, we are called "Dead." And when we are alive and we do not recognize spirit, we are "Super Dead"" The one whose Third Eye opens is that one whose "I" belongs to "Thou."

