

# Truth and Oneness

July 19th, 2001



Mankind is divided by religions, religions are divided by sects, sects are divided by cults, cults are divided by frictions and frictions are divided by animosity. We still live in a cave called home, with the fire burning and the meat cooking. We do not live for each other. We live at each other or against each other.

## **Affirmation – Self Love**

Sit straight in a cross-legged position. Place your right hand on your heart and say, "My heart, I love you." On the eyes and say, "My eyes, I love you." On the top of your head and say, "My head, I love you." At the navel point and say, "I love you." Then on both your knees and say, "I love you."

If you pay a little bit of attention to yourself and show love to yourself you will find yourself to be different. You have been taught to hate everything, and that what you do not hate will eat you up. This is your most stupid behavior.

## **Affirmation – A Teacher**

Sit straight in a cross-legged position. Raise the right hand by the shoulder as if taking an oath and say: "A teacher is not a preacher. A preacher is a preacher. A teacher is a teacher. A teacher is not a preacher. A preacher is not a teacher. A teacher can only be teacher. A teacher cannot be preacher. A preacher will not be a teacher. That I say solemnly."

## **Meditation for Truth and Oneness**

1. Sit straight in a cross-legged position. Hold hands with your neighbors. Eyes are closed. Chant:

**God and me, me and God are one.**

If what you chant is true, press the hands. If not, do not. The other person will know if you have spoken truth or are a liar. Continue for 11 to 31 minutes. To end, deeply inhale and, without disconnecting the hands, very calmly relax, stretching the spine with one long complete exhale. Then let go of the hands and stretch your body:

- Raise both arms straight up, twist left and right;
- Bring both knees to your chest, lock them with the hands and press hard towards yourself;
- Extend the legs straight forward. Feel happy and relax.