



The Self-Sensory System and Relationships

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The deciding factors in our life are our likes and dislikes, not our sensory system or our intuitive feeling. Sometimes we like or we dislike places. We shift and move. As we shift and move with the land, we shift and move with partners. We constantly keep shifting without understanding that our senses are more powerful than we are. We do not let them develop. The *Sensory Person* is a positive person. Wherever he lives he is surrounded by positivity. His relationships are smooth. He flows with the Will of God. He floats above difficulty.

Because we do not trust the vastness of God, we get very confused. We make God into a statue. We want to see something, we want to feel something, and this limits our capacity for divinity. In worshipping and trying to express divinity, we cut down our vast relationship with God and shrink our senses, confining them to a career, a house, an estate, a country. "Oh, we are mountain people," "We are jungle people." You associate with the environments, you do not relate to the soul of the person. You only relate to the physical, and that physical is very deceptive. That is why our relationships are very limited.

How many of you know your marriage partners? None—because you have never known the flow of each other. And if you do not know the flow of each other, you do not let it flow. When you feel you have to possess, you are short-circuiting your spirit. You become smaller and smaller, lower and lower. To compensate for that, you put up fences and territorize yourself. Your senses are infinitely huge, vast and can reach everywhere. When you believe that everybody is a creature of God, you can join the flow. If not, you cannot.

When there is a problem somewhere:

1. Know what you know.
2. Do not get upset about what you do not know.
3. Let the expression come out.
4. Figure out from expressions what the impression is.
5. Look at yourself; decide whether your talk is spiritual, mental or physical.
6. Expand your values and virtues.
7. Do not engage in conflict.
8. Avoid jealousy.
9. Your guiding principle should be to live and let live.
10. Do not question, try to understand.

Following these guidelines you will find comfort and peace. Above all you will find yourself and your sensory system. You will be able to communicate with everybody because your love will flow. When you fly above the clouds, there is sunshine all around. Below there is rain, clouds and thunder. When you rise above conflict there is freedom and the vastness of higher consciousness. Problems that appear to be very serious, become smaller and smaller, and finally disappear. Do not ask anyone what you should do. Ask yourself, "Can I rise above?" and then just go. Your sensory system and your intuition will give you a way out, because every day is a new day.

The very fact that you have a body, mind and soul and the other person has a body, mind and soul means there are two individuals. They must have mutual respect. You have pain when you do not have mutual respect. Rather than hassling, being upset, trying reason or logic; *let it be*. See the other person through your sensory system. Do not check the person; check the flow of the person. When you check and project the sensory system, you can understand where you are going. It is one of the most authentic systems of life.

MEDITATION - Connect with the Sensory System

Sit straight in a cross-legged position. Place the right hand on top of the left hand, to create a triangle in front of the heart, arms parallel to the floor, both palms facing down. Eyes are focused at the tip of the nose. Make an "o" of your mouth and inhale very long and deep through it, completely filling the chest. Exhale through the nose. See how strong and comfortable you can be. Use your commitment and courage. Consolidate your senses. Achieve. Continue for 31 minutes. To end, inhale deeply and hold the breath with all your force. Exhale. Repeat 2 more times. On the last breath, hold, and squeeze every nerve and every fiber of your body. Exhale and relax.

There is the earth, universe and galaxies. We are huge, interactive, and very vast. As we do these exercises we start sensing the entire universe within us.