



Keep Moving  
Movement

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## KMM 2018 Session 6

THE OPEN SECRET  
— TO —  
**PEAK**  
**DYNAMISM**



## Summary

- Review
- According to the Samkhya School of Philosophy, there are 3 different tendencies every human being possesses.
- Tamasic - Required for rest. Excess of Tamas leads to.
  - Laziness
  - Postponement
  - Boredom / Mood Nahi Hai
  - Sadness
  - Depression
  - Suicidal tendencies
- Rajasic - This is required for Action and Ambition.
  - Restlessness
  - Bombardment of thoughts
  - Irritation
  - Anger
  - Violent
  - Sadist
- Sattvik
  - Sattvik is the right balance between Tamas and Rajas
  - How to live a sattvik life?
  - Meditation
  - The human brain is an electro chemical entity.
  - Beta
  - Alpha
  - Thetha
  - Delta



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## Summary

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- Meditation helps increase
    - Focus and concentration
    - Memory
    - Emotional Balance
    - Let go of things not worth keeping
    - Cleans my internal laundry
  - How to meditate
    - 5 finger prayer
    - BRS
    - Pay attention to breathing
    - Sohum - I am thou
    - Practice this for 5 minutes every morning
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## ◆ Review

- ◆ According to the Samkhya School of Philosophy, there are 3 different tendencies every human being possesses.

**1. Tamasic** - *Required for Rest. Excess of Tamas however, leads to...*

- **Laziness** (joke with the audience about how many of them never respond)
  - Watching TV - water glass is 4 inches away yet call mummy
  - Can understand being lazy once in a week. There are a few who are lazy three four times every hour





## ■ Postponement

- Eat food yet go to wash after 15 minutes
- Getting up in the morning
- They should get up at 6 am.

› *They wake up at 6.10, 6.15, 6.20, 6.45...they are like SHIT! They trust their inability so much !!!*



- You know about homes where the watch is 10 minutes fast!
- Electricity bill in the last day
- Renew digital TV subscription in the last moment
- Reach in the last minute to the airport

## ■ Boredom / Mood Nahi Hai

## ■ Sadness

- › I am very sad
- › Repeat their issues 100 times. Sometimes with the same people, multiple times
- › Best of jokes they cannot laugh



## ■ Depression

## ■ Suicidal tendencies



## 2. Rajasic - *This is required for Action and Ambition. Excess of Rajas leads to...*

### ■ Restlessness

- Pendulum
- Touching of hair
- Scorpion in the hair
- Pallu adjustment as if the hands are lost in the jungle, coming back to the same place unsure if it has ever been there
- 7 strands of hair behind their ears
- Some blow their hair every time the hair comes in front...go to a village, blow on a stove and cook a meal
- Shaking of a leg....put a sewing machine under their feet
- Ball point pen tch tch...
- Rotating the paper weight as if they are the magnet and that is a piece of iron
- Cannot watch one channel
- Checking of cell phones every 30 seconds





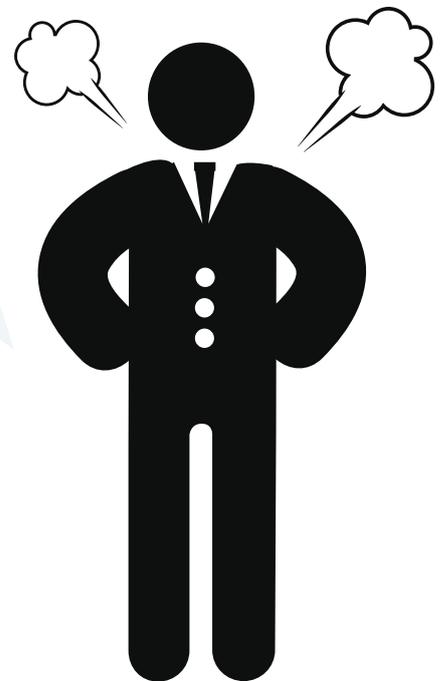
## ■ **Bombardment of thoughts**

- Super movements even in their sleep
- Find troubling to focus on anything at anytime



## ■ **Irritation** (with the smallest of things) - They are convinced they should be irritated at all times

- Someone's mobile rings 3 times
- Load shedding
- Monsoon
- No monsoon
- Elections
- No elections
- Gift them
- Do not gift them
- Someone is driving fast
- Someone is driving slow





- **Angry**

- Blaming
- Criticize
- Half an excuse to fight
  - › They fight with the waiters
  - › Auto rickshaw fellows
  - › Watch man



- **Violent**

- **Sadist** - *e.g. Rape, Hardcore criminals*

**3. Sattvik** - *It is like the white colour. It is NOT ONE COLOUR but a perfect balance between many colours. Sattvik is the right balance between Tamas and Rajas -*

- How to live a Sattvik life? One of the best ways is Meditation ! What happens when I meditate?
  - The human brain is an electro chemical entity. It produces four different kind of vibrations. The kind of vibes it emits, creates my character and attitudes



- **Beta** (I use the minimum of my resources). This helps me to survive. This never helps me to excel
  - › Action plus presence of negative emotions  
Pressure, Judging, Overwhelmed
  - › Maximum reminders still lead to minimum work
  
- **Alpha**
  - › Expression anchored on positive joy
  - › Singing joyfully, dancing around, positive frame of mind,
  - › Openness to suggestions is the highest
  - › Absorb through observations brilliantly
  - › Completely relaxed. For some people it is in the bathroom
  - › Singing as you walk down the stairs
  - › An artist will be criticised. You must be anchored to alpha
  - › A social worker must be anchored to alpha
  - › A teacher must be anchored to alpha



## ○ **Theta**

- › Thoughts are down.
- › You are just alert
- › You are so peaceful, you impact the environment around you. The environment does not impact you any more.
- › You want to search for the truth
  - *Einstein - The biggest optical inclusion in the world is that we believe we are separate*
  - *From the space - the entire earth looks like ONE LIVING ORGANISM. In theta, the idea we are separate is questioned. You find the common ground*

## ○ **Delta** - For high spiritual aspirations

- › Anger does not come
- › Beyond gender
  - *Thoughts are not male or female*
  - *Blood is not male or female*
- › Zero Personal Needs
- › Your intelligence merges with existential intelligence



*To regulate my Rajas and Tamas, **to experience the balance state of Sattva, meditation is a very powerful tool.** It helps me to move from Beta to Alpha. Regular practice also helps me to move to Theta.*

○ **Meditation** helps me to increase

- › Focus and concentration
- › Memory
- › Emotional balance
- › Let go of things not worth keeping
- › Cleans my internal laundry



○ **How to meditate -**

- › Prepare your mind with the 5 finger prayer
- › BRS - 5 minute humorous explanation.
- › Now, we need to pay attention to something. Why not on your breathing. As you focus on your breathing, some unrelated thoughts will come. The trick is neither to block, nor to ignore...just to observe. Make your breath your friend. To master your emotions, master your breathing.
- › Give your breathing a toy. A child's cry is also called Kohum. Another meaning of Kohum is - Who am I? Existence answers - Sohum - I am thou



- › **Phase 1** - In your mind visualise saying Sohum
  - › **Phase 2** - Move your lips silently saying Sohum
  - › **Phase 3** - Say it softly so that just your ears should be able to hear
  - › **Phase 4** - Say it loud enough for people 5 feet away to listen to you.
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- *Practice this for 5 minutes every morning, before your exams, before doing anything important and you will see better results. This exercise will make your journey of CRSE a little faster and efficient too. It will make you more peaceful. It will help you deal with emotional tSunamis of life brilliantly. All the best.*



# Keep Moving Movement



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