



SEARCHING WITHIN

A Nine Week Course

WEEK 6 EXERCISE

Developing Intuition with the Mantra O

By Beelzebub

for this week try the exercise to develop intuition as explained in this weeks topic, which is to pronounce the mantra O.

Make a time to sit down or lie down in a comfortable position at some time in the day, each day of this week and pronounce mantra 'O' to activate the chakra of the heart.

Start by pronouncing the mantra for ten minutes at the beginning of the week and increase it gradually to a time you feel comfortable with by the end of the week, if you have time you can do it for a maximum of an hour. More than that and it may become tiring and could be overloading yourself.

You will find it more beneficial if you pronounce the mantra anywhere you can be on your own.

Then watch out during the week for any flashes of intuition you may have, try to use it wherever you can, it appears of its own accord so you can't make it happen, you just have to try to recognise that 'hunch' whenever it appears.

See if you can intuitively capture the meanings of your dreams better.

Don't forget to keep going with your observation.

Question and Answer

Q. I spend approximately two hours in the car each day - even though I have free time at other times during day - this is the only time I can say pronunciations (OOOOOO) out loud. I obviously can't give it my total concentration as I am driving - but I believe I did it adequately while at the same time paying attention to driving. Is there other exercise I could do while in Car?

On a sort of related topic - awareness - I like to read. I had a tendency in past to read fiction in which my imagination would get carried away. Now I read mostly non-fiction for general interest - will all reading effect my ability to be aware or only books that are likely to make me daydream. Likewise should I try and cut down amount of TV or change the type of programs (violent movies versus documentaries) I watch.

A. When you are in the car, its best to use the awareness and self-observation so that you are on what you're doing and are practising both of these, this will make them stronger.

If you try to do the mantra, you will divide your attention between driving and the mantra, and then the driving will be done mechanically by the motor center, wasting energy, while the mantra will not be done properly and will be ineffective because of the activity of the motor center and because a mantra needs undivided attention.

The other reason not to do it of course is that it could be distracting and therefore dangerous while driving.

The books that make you daydream most, will be the ones that interfere with and weaken the awareness. But using the intellectual center too much, with whatever it is, will tire the mind and use up psychic energy.

The violent movies will usually have a more detrimental effect than the documentary type television programs. There is another thing about television that is not commonly known, it's that too much of it makes people passive.

Beelzebub