

PP Mind the Gap Process

Use bells for awakening from thought to awareness/presence
Tune into your intention

Mind the gap between you and your intention. Notice. Don't create a mental discourse around it. Notice your breath, the aliveness of your body. Cannot believe in sat nam only be it. Beyond concepts. Beyond thinking is stillness, presence, Notice the movement of thought without getting drawn into it. Don't fight it. Just notice.

Follow the strings. Keep listening for the noise and hold it till it dissipates. Noise is anxiety stress fears notice how these are just movements on the surface, they come and go. In Sat nam there is no distance nothing to figure out. It is maturing you from within.

Raise your sail and catch the wind which is always blowing. Peace and a sense of contentment is the fragrance. Breath is taken in it. Ever present. Reawaken to that grace. Taking you home. Not achieving, instead engage with your sat Nam where you are a whole and complete limitless being. Drop into presence which just is. Not coming or going anywhere. Effortless. Notice the silence, this is sat nam.