

"RATANA's statement 'What is destined etc.
...' applies to worldly events & happenings.
IT DOES NOT apply to our efforts to get out
of SNARE OF the world. The former is
physical & P. sy chon is physical. The latter
is direct linking with the highest Spirit.
Here you are free. There are two
methods - (1) one with effort and (2) without
effort. Actually ^{NO} effort is really required.
It is the mind which is the main culprit -
it has divided us all as different entities,
created a phantom 'I'. It has filled
itself with so many concepts, so many
beliefs and so much conditioning.

2) The main method is to annihilate the so called 'MIND'. There is nothing called mind - It is just an ~~imagery~~ imaginary gland producing continuously a series called successive thoughts. Remove all thoughts - MIND IS gone - with it all conditioning responsible for fears, anxieties about progress, reaching the goal etc.

HOW TO ANNILATE THE MIND?

There are infinite methods...

The most important are:—

- ① Reduce your thoughts to only one thought & keep your attention focused on it for hours initially & later at all times. For the "Who am I", 'I-AM', "HAIL MARY", "LORD JESUS, have mercy on us?" ^{any} will do as per taste. Then ~~reminiscently~~ thinking of it, it becomes...

3) automatic & at one stage even this one
thought will leave & you reach 'NO MIND'
state

② DE-HY. NOTICE YOURSELF saying
there is nothing called 'I', there is NO
conditioning, there is no meditation &
no object to meditate - I am ever
pure - The entire world is my
imagination or you imagined an entire
world in your dream. This is a
sweet dream world. YOUR ORIGINAL
NATURE AS THE DREAMER OF
THESE DREAMS IS PURE CONSCIOUS-
NESS - What is Consciousness - To be
directly (i.e. not the senses) aware that
I am is it consists of BEING &
AWARENESS OF SIMPLE BEING & EXISTENCE.
SO ON affirming & mentally & in practical
life practice to remain without reaction
even if heaven falls on you, or when you
are seduced by a most tempting thing
offering itself or by death. SO ONE IS

AFFIRMING that all fears, doubts,
inquiries, inspection, lack of peace
these are all of dream world —
I am the INFINITE CONSCIOUSNESS
I — THE EMPEROR & CREATOR OF
LIMITS OF UNIVERSES.

(3) All these things can be expedited
& very good help obtained day to
day by

(a) Seeking company of highly
evolved souls — bareft of ego, ~~to~~
having bareft ³⁹⁹⁸⁷ possessions, not involved
in SEX or MONEY. (When enlightened
they lose their significance) — The
one in whose presence you feel comforted
— PRESENT you feel
— peaceful

(4) The best preceptor is
with you — it is the Higher Self.
in your heart. Invoke, pray,
seek its help. IT comes readily.

1) IT IS AMAZING - NOT IN THE
BEGINNING - AFTER SOME CONTINUOUS
PRACTICE -

After you reach the NO MIND
STAGE, ONLY CONSCIOUSNESS
remains. IN WAKING STATE IT
WAS HIDING BEHIND THE MIND -
NOW IT ALONE SHINES - REMAIN
IN THAT FULL CONSCIOUSNESS OF
"AMNESS" - OTHERWISE your
mind becomes calm & you are only
merged in that VOID where there will
be no figures - ALWAYS FEEL
"NOT THINK" :- "AH, I AM" -
REMAIN IN "BEING" & REMAIN IN
THAT FULL CONSCIOUSNESS - NOW
YOU ARE UNDER THE GRAVITATIONAL
FIELD OF SELF - IT WILL DRAW
YOU TO ITSELF - THE GOAL

① MIND IS YOUR SERVANT -
BE ITS MASTER - DON'T ALLOW IT
CLOUD YOU WITH DOUBTS, ANXITIES

2) The day you started on the path, the
Highest Supreme also walks side by
side with you, supporting you
when you falter. From the beginning,
by imagination, you feel its
presence. After some time it will be
a reality - you can see it & feel it
perfectly well -

ANY DOUBTS, lack of CONFIDENCE
are the FIRST OBSTACLE.

HOLD YOUR HEAD HIGH
& walk linking your hands
with the presence. YOU CAN
REACH THE GOAL IN A TRICE