

Chapter Five
Mental Intrigues

[Day Five Itinerary]

Welcome

The Master's Touch: *Be Happy, Be Neutral*

Meditation: *Parabati's Kriya*

Break

Meditation Immersion

The Artist: Aspect 4 from *The Mind*, p. 168

The Producer: Aspect 5 from *The Mind*, p. 172

Break

The Missionary: Aspect 6 from *The Mind*, p. 176

The Strategist: Aspect 7 from *The Mind*, p. 180

Break

The Leader: Aspect 8 from *The Mind*, p. 184

The Teacher: Aspect 9 from *The Mind*, p. 188

Lunch Break at Barton Springs

Ceremony: Burning the Tattva Sticks

Walk or Cold Plunge

Small Groups and Check-In

Interactive Group Exercise: Mental Intrigue Skits

Return to Yoga Yoga

Presentation of the Skits to the Group

Core Concept: Mental Intrigues and Use of Projections

Assigned Reading: Chapters 5 & 6 from *The Mind*

Kriya: *Set for the Frontal Lobe*

Kriya: *Sitalee Uni Kriya*

The Master's Touch: *Stop Your Mental Games*

Meditation: *Kriya to Clear Out Your Mental Paranoia*

Close

[Day Five Content]

Meditation Immersion

This morning we continue in silence as we experience the Blue Pearl or *Neelkant* with the Master guiding us in this unique meditation in which he translates from the *akasha* the words of Shiva. Our meditation immersion continues as we explore the nine aspects of the mind as outlined by Yogi Bhajan in *The Mind*. Allow, allow yourself to dive deeply into the various aspects of your Self and your mind. Allow the Neelkant and the experience of deep meditation to inform the morning as you explore your identity and aspects: The Artist, The Producer, The Missionary, The Strategist, The Leader, and finally, The Teacher.

The Master's Touch: An Experience with the Master

Be Happy, Be Neutral

October 27, 1992

Meditation: *Parbati's Kriya* [insert here]

Kriya: *Set for the Frontal Lobe* [Insert here]

Kriya: *Sitalee Uni Kriya* [Insert Here]

The Master's Touch: An Experience with Yogi Bhajan

Stop Your Mental Games

February 21, 1989

Meditation: *Kriya to Clear Out Your Mental Paranoia* [insert here]