

# The Mind

## Its Projections and Multiple Facets

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Rev 1.20



PG # Book	NAME OF KRIYA/MEDITATION	REVISION
35	text	In the last paragraph on the page, swap the terms, Ahangkar and Moh. Ahangkar is pride. Moh is attachment. " <b>Ahangkar</b> , pride. Have pride and gratitude that God has made you human and that you are going to be saintly. <b>Moh</b> , attachment. Practice attachment to those ideals that make you become a saint, a giver, a healer."
100	Footnote	Two corrections: (1) Change "ahangkar" to " <b>manas</b> " and (2) change "second" to " <b>fourth</b> " - "The enchantment of the mind is strong when the Positive Mind combines with <b>manas</b> . This is the <b>fourth</b> Aspect of the mind—the Artist. It is as fascinated by painful things as by pleasurable."
152	Meditation to Command Your Five Tattvas	Add date, "May 17, 1993"
160	Aspect 2 - Manager Core Alignment Meditation Part 1	Delete the first illustration. Replace the instructions for Part 1. "Sit in Easy Pose with a straight spine. Lock your hands in Bear Grip at the Heart Center. The left palm faces outward, and the right palm faces inward. Eyes gaze at the Tip of the Nose. Rock the body slightly forward and back from the hips. The rhythm of the movement is about 8 times per 10 seconds. Let the body move naturally by itself; do not apply physical muscle. Chant <b>HAR</b> each time you move forward. (It sounds more like "Har(d)-uh" than HAR.) Turn the tip of the tongue to strike the upper pallet. Generate the sound from the center of the mouth. Continue for 11 minutes."

160	Aspect 2 - Manager Core Alignment Meditation To End	<p>Keep Part 2, and replace the "To end" section with the following: "To Finish: Inhale, suspend the breath for 20 seconds. Repeat two more times, pulling bear grip with all the power in your hands so the energy can be displaced to every part and fiber of the body. Relax. This meditation will integrate how your internal self deals with projections through time."</p> <p>See next page for *revised* page 160.</p>
164	Aspect 3 - Preserver Core Alignment Meditation	<p>Delete the last sentence, "This meditation will integrate you time and how your internal self deals with all the projections through time."</p> <p>It is correctly printed in association with Aspect 2 - Manager.</p>
184	Aspect 8 - Leader Core Alignment Meditation	<p>Add Eye Focus after the first sentence, "Sit on your heels with a straight spine. <b>Focus the eyes at the Tip of the Nose.</b> Stretch the arms out in front..."</p>

## ASPECT 2 • M A N A G E R

## Negative Mind x Ahangkar

**Qualities:** *This Aspect defends and preserves the balance of your identity and your projected roles under the pressure of actions, and under the influence of the expectations of others. It actively sets boundaries in relationships. The issue will be insecurity and distrust of appearance of others. It wants to know “What is really going on. What is your intention?”* **Too strong** and you act rigid in a desperate search for the rules to make order out of everything. Once you have the rules you can manage and act perfectly. You act well at work but harbor a strong resentment if you don't have personal material and security to show for the efforts. **Too weak**, you can feel overwhelmed, lose track of the rules, feel the world ignores your priorities, and you become very self-critical and sad. You look around for order rather than starting from your own internal center. Sometimes it has a barrier to joining emotionally. To cope, you may think too much, like the Historian, or shift to please and find order, like the Chameleon, or find hidden patterns that oppose you with your intuition, like the Judge. **Balanced** and fully developed, you can reduce conflicts, keep towards the main tasks and mission you took on, and protect your own interests. You are quite capable of delaying pleasure and redirecting impulses in order to reach what is more important to you. You deliver a strong sense of order and take personal responsibility for action and for keeping things in proper sequence and use.

## Core Alignment Meditation

**Part 1** Sit in Easy Pose with a straight spine. Lock your hands in Bear Grip at the Heart Center. The left palm faces outward, and the right palm faces inward. Eyes gaze at the Tip of the Nose. Rock the body slightly forward and back from the hips. The rhythm of the movement is about 8 times per 10 seconds. Let the body move naturally by itself; do not apply physical muscle. Chant **HAR** each time you move forward. (It sounds more like “Har(d)-uh” than HAR.) Turn the tip of the tongue to strike the upper pallet. Generate the sound from the the center of the mouth. Continue for 11 minutes.

**Part 2** Put hands in prayer pose with the thumbs crossed. Inhale deeply and begin to “chop” with the hands as you chant **Har**. Do it steadily 12X as your turn left, then 12X back to center, then 12X turning to the right, and finally 12X back to center. Inhale deeply; begin again. Continue for 11 to 31 minutes. To Finish, inhale, suspend the breath for 20 seconds. Repeat two more times, pulling bear grip with all the power in your hands so the energy can be displaced to every part and fiber of the body. Relax. This meditation will integrate how your internal self deals with projections through time.

