

HUMAN NATURE

Conscious Living & Spiritual Balance

BY TORKOM SARAYDARIAN

Chapter 39
“Overcoming Fear” p. 374

“Overcoming Fear” Exercise

When you learn how to do meditation after many years and eventually are able to stay in meditation for twenty-five to forty minutes, then your mind slowly releases the pressures of the subconscious mind. Also it starts using certain techniques:

- Technique of *undoing*
- Technique of *duplicating*
- Technique of *creating*

Those people who exercise for a long time their meditation can easily penetrate into this subconscious mind and bring out certain elements to use or to burn away.

1. The first technique of *undoing* can be explained simply thus: You had an argument with a boy. You took a rock and hit his head or some similar act. Now in your imagination you start from the last moment and retrace it to the start as if you were undoing all that you did or that happened. For example, the boy is lying on the ground.



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Human Nature Free “Overcoming Fear” Exercise

He slowly stands up. The rock comes back to your hand. Then you let it fall to the ground. Then you use the same method with your argument until you come to the beginning of the event.

2. Then you pass to the second technique, *duplicating*. Through imagination, you let the boy do the same thing to you that you did to him, and then let him use the process of undoing.

3. After this you use the third technique, the technique of *creating*. Through this technique you start a beautiful relationship with that boy — the best spiritual relationship you can imagine, in which he becomes your co-worker. You use your creative imagination to impress it in your mental body.

Through these three techniques you do a great service for yourself and eradicate seeds which may grow and involve your life in harmful ways.



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