

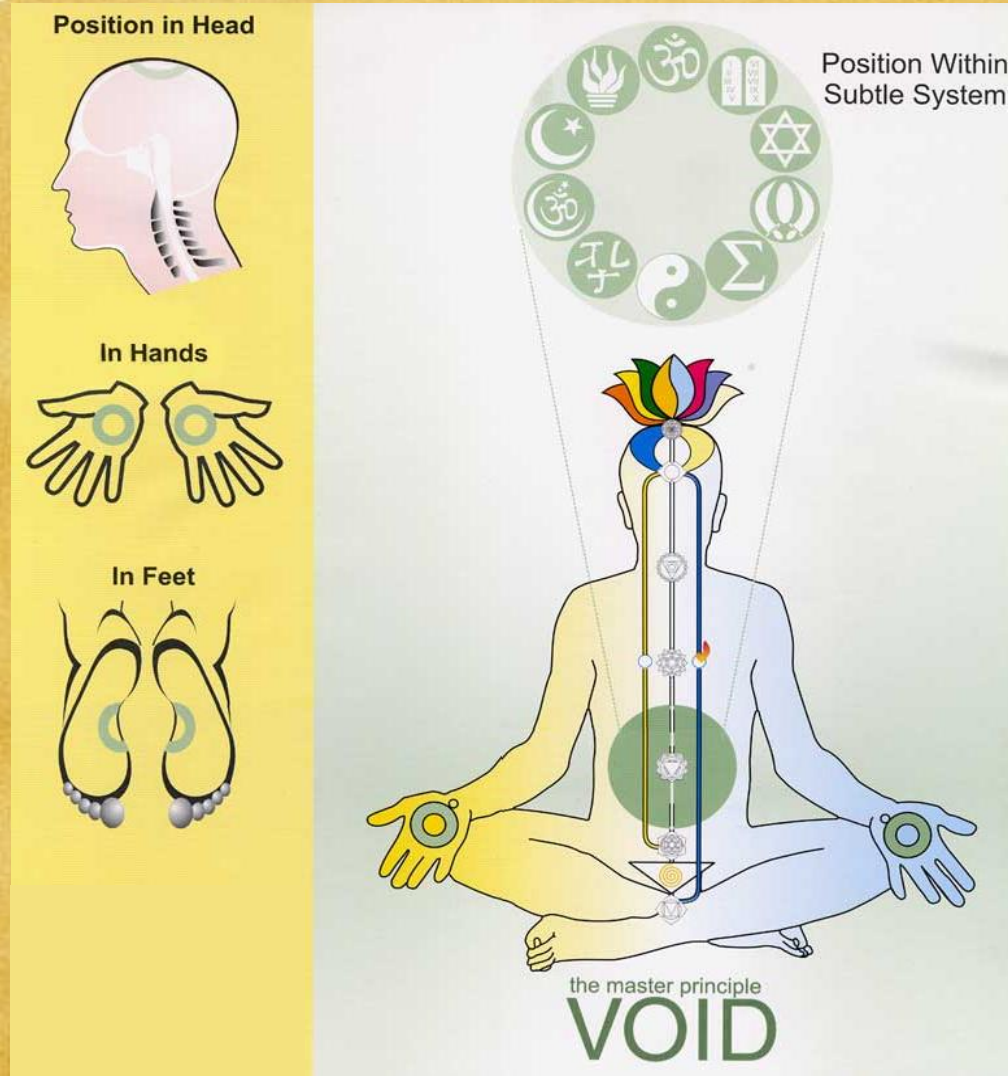
The Void Ocean of Illusions



DAY 12 of 21 Days of Meditation



The Void Knowledge



- Located around the navel



The Void Knowledge



10 Primordial Masters

The Guru Principle
has incarnated
10 times to guide
humanity.



Raja Janaka
6000 BC, India



Confucius
551 BC, China



Abraham
2000 BC, Mesopotamia



Socrates
469 BC, Greece



Moses
1300 BC, Egypt, Israel



Mohammed
570 AD, Arabia



Zarathustra
1000 BC, Persia



Guru Nanak
1469 AD, India



Lao Tse
640 BC, China



Shirdi Sainath
1856 AD, India



The Void Knowledge

Characteristics

- Element: **Water**
- Color: **Green**
- Physical Place: **Around Nabhi**
- Place on Hand: **Around center of palm**
- Also called **Bhavasagra** – the ocean of illusion. It corresponds to the worldly lures/impulses one has to overcome in order to become the spirit.





The Void Knowledge

Physical functions regulate

- Stomach
- Intestines
- The abdominal organs and the digestive function.



The Void Knowledge

Qualities

- Balance and depth
- Dharma/Sustenance - righteousness, virtue
- Gravity
- Steadiness, decisiveness
- Being one's own master
- Being able to guide and help others to evolve spiritually



The Void Qualities

- Seeking the truth
- Patience
- Self guidance
- Self discipline
- Dharma - righteousness in behavior



The Void Benefits

- Establishes **Self-realization**
(Kundalini crosses the Void and restores the continuity of the central channel in its ascent to the Sahasrara).
- **Magnetism** in personality
- Helps to become the **spirit**
- Helps to **cross the ocean of illusion**
- Keeps one away from falsehood



The Void How to Balance

- Regular foot soaking
- Be righteous
- Be fair and just

