



## Hold Strongly to the Self

If you ~~want to~~ dislike to remain in EAST, you can't take & throw EAST in the OCEAN. ~~CATCH HOLD~~ GO ON MOVING TOWARDS WEST, EAST WILL LEAVE YOU.

Wherever you are, HOLD STRONGLY TO GOD or SELF (as you may call it). Soak your mind night & day in those thoughts at all times – walking, talking, eating. Then automatically all ~~for~~ problems in remaining in the world will disappear.

~~DO NOT~~ DO NOT SWIM EITHER WITH THE CURRENT or AGAINST IT. JUST FLOAT. FOLLOW IT TO TAKE YOU Wherever it may be.

If you dislike to remain in East, you can't take and throw East in the Ocean. Go on moving towards West, East will leave you.

Wherever you are, hold strongly to God or Self (as you may call it). Soak your mind night and day in those thoughts at all times – walking, talking, eating. Then automatically all problems in remaining in the world will disappear.

Do not Swim either with the current or against it. Just float. Allow it to take you wherever it may be.