

## **Hold Strongly to the Self**

If you want to distince to remain in EAST, you can't take is show Eist in the OCEAN. CATCH HOLD GO DN MOVING TOWARDS WEST, EAST WILL LEGANS YOUR TO GOD ON SELF LAS JUNG STRON TRY TO GOD ON SELF LAS JUNG AND STRON TRY SOAK JUNG Walking to the thoughts at all town Walking to the walking to be brokens in remaining in the World will disappear with the CURLENT ON SULA POTHER WITH THE CURLENT ON ACHINGT ST.

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.