

ASPECT 1 • DEFENDER

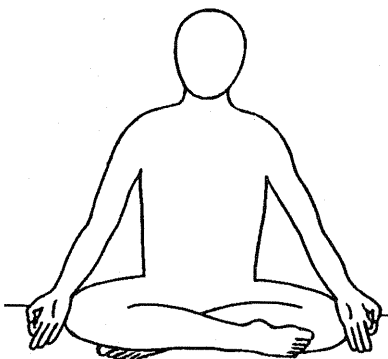
Negative Mind x Manas

Qualities: This Aspect looks at everything based on how it may affect you. How will it hurt me or direct me away from what I am trying to do? It defends. The manas influence means things seem to come from outside, from impressions of the senses. It is a practical sequence-oriented mental pattern. It wants to know how to deal with it now. What is the action needed? Is it a personal threat, directed at you, or an accident with errors you can correct, or a pure act of nature and coincidence? In each case a different Projection is called on to deal with it. When this is **too strong**, you may appear to be rigid, reactive, and over-dominant. You fail to see your own contribution to the situation and react quickly but without detailed assessment for long-term implications. You will also be very self-critical about your performance. If this is **too weak** or underdeveloped, you lack survival instincts that defend you against the ill motives of others; you become victim to situations where your efforts will not have beneficial reciprocity; and you lack the level of detail-checking that prevents errors before they happen. When **balanced** you deliver strong focused actions that enjoy challenge. You act, but always with a cover and a back-up plan. The Soldier gives you quick action, the Ombudsman gives you versatility and pragmatic solutions, and the Prospector lets you move opportunistically to your own advantage. When all three Projections are balanced they support the function of the Aspect to align with your real purpose and to see things as they are.

Core Alignment Meditation

Sit straight and focus at the brow point. Hands on knees in gian mudra. Chant this mantra:

Gobinday	Sustains You
Mukanday	Liberates You
Udaaray	Elevates You
Apaaray	Delivers You Across
Hareeang	Destroys All
Kareeang	Creates All
Nirnaamay	Beyond Category and Name
Akaamay	Beyond Desire



The mantra is chanted on one breath and takes about 15 seconds. To chant it correctly, inhale deep, pull in the navel, and apply Mul Bandh as you begin to chant. Cinch the Mul Bandh a little tighter with each phrase. Exhale and continue.

Chant for 31 minutes. This meditation works on subconscious blocks, especially around issues of fear.