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"Recognize that the other person is you."

Create sangat (community) and pangat (eating and serving together) everywhere you go.

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"There is a way through every block."

Support people by unusual means and sudden jumps of the imagination to realize their highest destiny.

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Meditate on: "When the time is on you, start and the pressure will be off."

Help people to deal better with information overload, time pressure on the nervous system and burnout.

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Meditate on: "Understand through compassion or you will misunderstand the times."

Help people to heal themselves of spiritual and psychic illnesses by the energy of your heart.

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Meditate on: "Vibrate the Cosmos, the Cosmos shall clear the path."

Help people to experience the eternal universe as a support in daily life.

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