

## Message 29

September 11, 2000

Energy of Understanding is the hard, honest and holy Reality of Your Existence.

Entanglement into beliefs is the hypo critic, humbug and hoaxful religion of your 'experiences.'

Reality is beyond the Sea of the mind.

Religion is within the Waves of the mind.

Religion demands uniformity of symbols and practices produced by the mechanism of the mind.

Reality demands Universal Understanding transcending the myths and maladies of the mind.

Throw the skin of religion and eat the banana which is the Reality -This is the Kriya-Yoga of Lahiri Mahashay.

**JAI HANUMAN**  
the symbol of Surrender and Silence