

"Present Moment, Wonderful Moment" by Thich Nhat Hanh

In,
Out,
Deep,
Slow,
Calm,
Ease,
Smile,
Release.
Present moment,
Wonderful moment.

The Teachers' Oath as taught by Yogi Bhanjan

I am not a Woman,
I am not a Man,
I am not a Person,
I am not Myself,
I am a Teacher.

The oath is the same for women AND men, and is said mentally while doing a hand posture. It is done by joining the thumb with a finger; The ego (the thumb) "seals" the effect of that hand posture in the consciousness:

- Thumb with index (Jupiter) finger: Knowledge,
- Thumb with medium (Saturn) finger: Wisdom, intelligence, patience,
- Thumb with ring (Sun) finger: Vitality - Energy of life,
- Thumb with little (Mercury) finger: Ability to communicate.

So it goes that way: While mentally saying "I am not a Woman," join the thumb with the index finger, "I am not a Man," join the thumb with the medium finger, "I am not a Person," join the thumb with the index finger, "I am not myself," join the little finger, "I am a Teacher," close gently your hand into a fist and bring your thumb up.

The oath is recited calmly in a quiet place before teaching.