

Metaphysical Center

Meditation Dynamics
 Lesson 3
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ORDERPOWER BEHIND CREATION

Order, Harmony, Rhythm and Balance are the ingredients that make up music. They are also the Dynamic Power behind the creation and maintenance of the created universe.

IN YOUR GETTING--GET ORDER!

To put yourself in touch with the forces of Life, with the Power of the Universe, put yourself in order.

---AND DISCIPLINE!

To establish order, discipline must be a factor.

Order and discipline walk hand in hand and together they can be used to climb to great heights of accomplishment.

HOLD CORRECT ATTITUDE

Order and discipline need not be heavy drudgery. They can be light and joyful, full of promise. With the correct attitude and the spirit of enthusiasm, Order and Discipline can be light, happy steps to the fulfillment of your dreams.

ORDER IS GROWTH

Order is a prerequisite to growth. Without Order, very little would ever get accomplished. Without Order in your life, you will not get far in learning to meditate. Without Order, your Soul's Growth will be delayed.

ORDERLY MEDITATIONS

For example---you have been asked to meditate for a short time three times a day. If you have been doing this, you are being ORDERLY.

A RHYTHM SETS IN!

This will in turn set up a rhythm if you continue to be persistent with this Plan.

Meditating with yourself surrounded by Divine Light, with a relaxed body and a calm, peaceful mind is a harmonious state, and will, if continued with the right attitude, give you the consciousness of Harmony.

NEW ADDITION TO YOUR MEDITATION

After you have surrounded yourself with Divine Light, relaxed your body and felt the lift of Peace, practice Rhythmic Breathing. Begin this by letting all the air out of the lungs and then inhale to a slow count of six. Hold one count and exhale to a slow count of six, giving the same amount of time to both the inhalation and the exhalation, with a one count pause at both ends after the exhalation. Seven cycles is enough for the beginner. One cycle is--INHALE AND EXHALE WITH A PAUSE AT BOTH ENDS.

After completing the seven cycles, continue to sit in Meditation for the remainder of the time in a relaxed and peaceful attitude, keeping your thoughts away from the outer, physical.

The time of your Meditation Period can now be increased to 15 or 20 minutes.



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