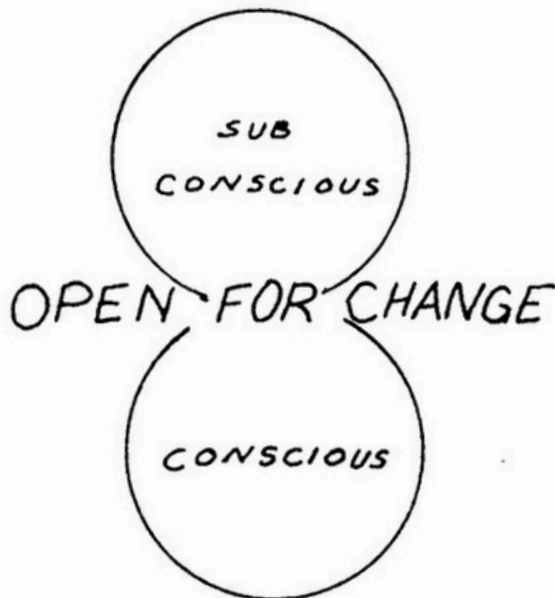


OPEN FOR CHANGEPURPOSE

The purpose of this class is to teach you that fear is at the root of all problems or distortions of any kind no matter how large or small. When you are unable to relax it is because of fear. To be free of fear you must change your ideas and thoughts about yourself, others, and life around you.

As we learn to know the Real Truth about tensions and about fear, they can be eliminated from our life. There is really no reason to be afraid, because fear is not real. It is a negative, subconscious conditioning which can be eliminated.

OPEN FOR CHANGE

To change you must first be open for change, open not only in your conscious mind, but also in your subconscious mind. Your subconscious mind has more than 75% of the mind's force and power. It is supposed to be under the control and direction of the conscious mind, but seldom is. When the subconscious mind is given control over a period of time it directs the course of your life in ways that will give it opportunity to perpetuate its established habit patterns. It often does this over the objection of the conscious mind.

The subconscious mind has the intellect of about a six year old, because it does not have reason or logic. Its job is to follow orders, to establish habit patterns, to maintain established patterns, and so forth. The subconscious is the work horse. It controls our life just to keep the habit patterns going that it has had in the past. Not for any good reason, because the subconscious does not use reason. It just follows through with the way it has been programmed and tries to keep this programming going.

We must take conscious control of our minds, our lives, think HOW we want it, and plan how we want it. Then we can rearrange our subconscious habit patterns, re-educate our subconscious to act, and react in the way that WE WANT it to.

FREE WILL

You have free will and can direct your life as you will, but you must first take control of your mind and clear up the distortions in the mind before you have the ability to direct your life's course. The first step in doing this is to learn how to be open for change, and know why you do what you do. You must learn to take conscious control and rise above the established perpetuated habit patterns of the subconscious mind.

Most people would say that they would like to have their life different than it is. They would like to have more of the pleasures and beautiful things in life, and less pain, displeasure, distortions, and unhappiness. You have the ability to bring into your life what you will, but when you give your free will to your subconscious mind and the distorted habit patterns that rule, then you have no choice. If you take control of your mind, then you can have conscious control of your life.

WHAT TO CHANGE

In order to change you must know what to change. Watch yourself closely and make notes as to your habits, your responses, and reactions, both inward and outward. If a certain thing, situation or person irritates you or brings negative emotional response or reaction, ask yourself, "WHY?"

To be consciously in charge of your life, you must be consciously aware of what is really happening in your mind. To be consciously aware of what is going on, you must watch yourself closely.

Anytime you are upset or emotionally disturbed, know who is at fault. YOU! Change yourself and not others. ➔

HOMEWORK

- 1.) This week check yourself closely as to your habit patterns. The first day watch yourself for the first 2½ hours of your day, (Example: 8:00-10:30) Checking your habit patterns and taking notes. The second day you will watch the next 2½ hours of your day. (Example: 10:30-1:00) Keep going each day until you have watched for a complete waking day. You will get the entire span of your waking day.
- 2.) Daily: Read class notes  
Read Suggestion of the week  
Listen to class tape  
Listen to personal tape

SUGGESTION FOR THE WEEK

I AM NOW OPEN AND RECEPTIVE TO POSITIVE AND CONSTRUCTIVE CHANGE.  
MY CONSCIOUS MIND AND MY SUBCONSCIOUS MIND ARE NOW READY AND WILL-  
ING TO BE CONDITIONED FOR CHANGE, CHANGE FOR THE BETTER, CHANGE  
FROM THE NEGATIVE TO THE POSITIVE.

I AM READY AND WILLING AND OPEN TO CHANGE MY HABITS OF THINKING.  
MY SUBCONSCIOUS MIND IS NOW READY TO CHANGE FROM NEGATIVE TO  
POSITIVE, FROM FEAR TO LOVE AND PEACE.

I AM NOW OPEN FOR CHANGE IN ALL AREAS AND LEVELS OF MY MIND  
AND LIFE WHERE CHANGE IS NEEDED.

I AM OPEN FOR CHANGE! I AM WILLING TO CHANGE! I AM READY TO  
CHANGE! I AM CHANGING!



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channelings by Don visit  
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