

Creative Guidelines  
Metaphysical Center

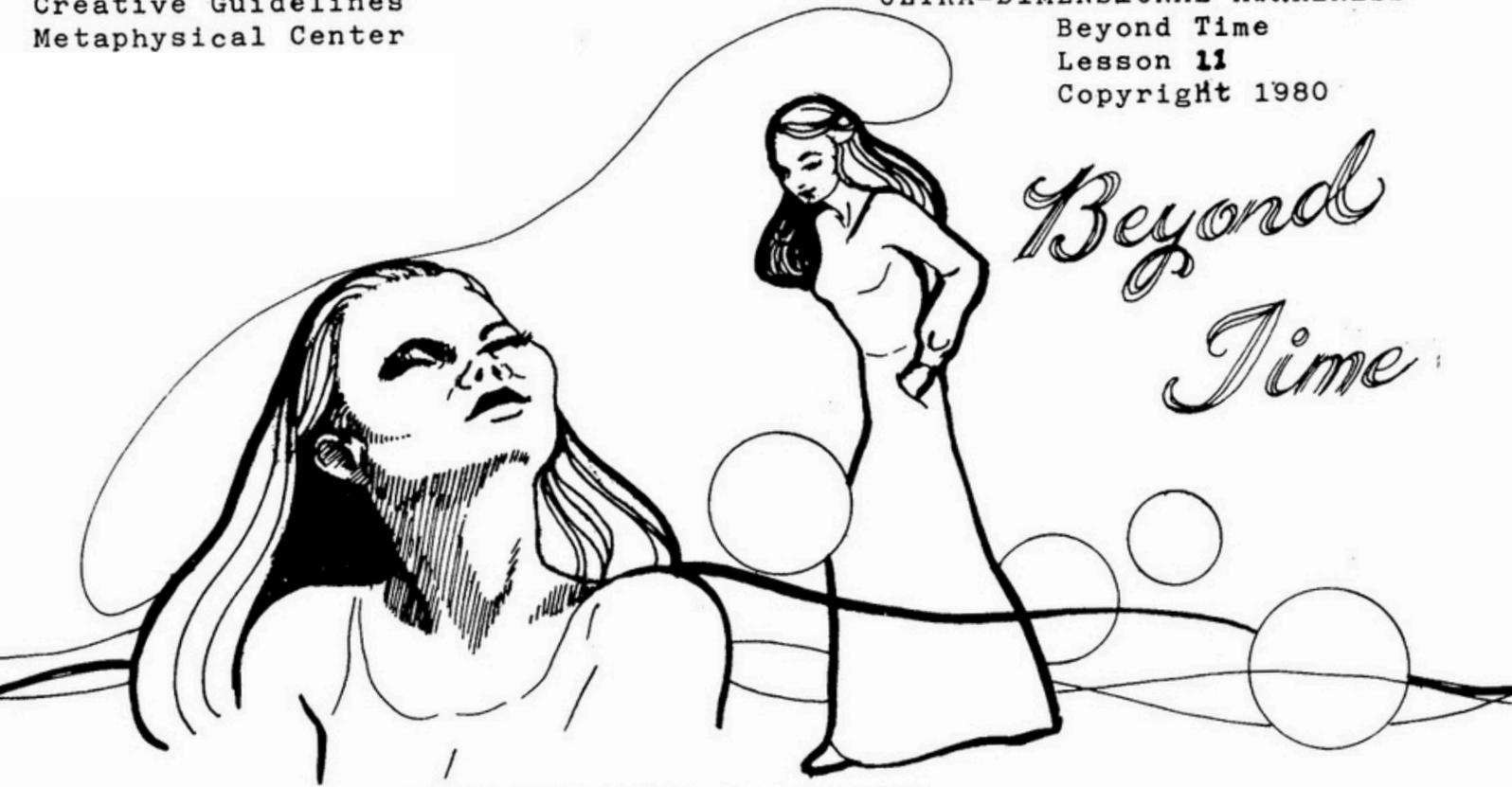
ULTRA-DIMENSIONAL AWARENESS

Beyond Time

Lesson 11

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*Beyond  
Time*



BREAKING THE CHAIN OF ILLUSION

REMEMBER.....

Remember to remember at each step of your experience in the consciousness that you are.

NOWNESS

To break the chain of illusion, you learn to move your experience completely to the present now, holding your consciousness in the ever present nowness of being.

HOLD FAST

As you move into the state called "sleep" continue to hold fast to the conscious awareness of the total of life, that you are.

RISING ABOVE IT ALL

This moves your conscious awareness to other dimensions as your physical body rests from the fragmenting illusions of the past and the future.

WHOLE AWARENESS

By holding fast to the present nowness of the Eternal life that is pulsating throughout the whole of Creation, you become aware of your wholeness of all life.

EXPERIENCE FULLY

As you hold fast to the thread of memory that connects you to all dimensions, you are able to experience whatever you will on any and all levels of creation.

RETAIN OUT OF BODY EXPERIENCE

As your tape moves you out of your physical body into "the land of nod," hang on to the thread of memory, not straining to do this, but keep your awareness connected to your physical conscious awareness with the thread of memory that you may retain the out of body experience to bring it back to the physical side of your life.

DISCIPLINE NEEDED

This will be easier to accomplish as you discipline yourself to be consistent with your work before leaving the physical and upon re-entering of the physical body.

POWERFUL SUGGESTION

Suggestion to be used as you feel yourself entering the altered state called "trance," until you leave the physical body with complete memory:

I AM THE WHOLE OF LIFE EVERYWHERE PRESENT IN ALL CREATION THAT IS EVERYWHERE PRESENT ON ALL DIMENSIONS, ON ALL PLANETS, IN ALL THE UNIVERSE, THE GALAXY, THE COSMOS. I AM. I AM. I AM. I AM. I AM----

P.S. The statement of Eternal Being, I AM, is to be repeated until and as you leave the physical, taking with you the "thread of memory" that connects your conscious awareness to the whole of life and retains it through perfect memory of the Whole of Life that you are.



# I AM



\*If you are interested in metaphysical discussions visit Meta-Moments on YouTube



\*If you are interested in channelings by Don visit Metatations on YouTube