

Creative Guidelines
Metaphysical Center

ULTRA-DIMENSIONAL AWARENESS
Point Of Contact
Lesson 2
Copyright 1980



LEVEL OF CONSCIOUSNESS

YOUR POINT OF CONTACT

Consciousness Is. Life is one with Itself. Life is consciousness. Your consciousness is your point of contact with yourself everywhere present in the whole of life.

YOU ARE IN TOUCH

As you focus your conscious awareness on your chosen point of contact, all the while remembering that you are one with all life everywhere present, you are in touch with the point of life that you choose through your point of contact.

MODERN WAY

On the physical plane we now can pick up the phone and be in touch with anyone around the world that has a phone, or radio equipment that can patch you through.

UNIVERSAL WAY

In all the universe, on any dimension, life is one with Itself. You are this life that is everywhere present and using your point of contact, your consciousness that is at one with the whole of life that you are, you can make conscious contact with life at any point of awareness that you are.

YOU ARE THE "I AM"

You are. I am. Life is. The I am that you are that is everywhere present, can make Itself known to Itself at any point everywhere present.

FOCUS IN

The point of contact that you use to focus your attention on, brings the whole of life everywhere present to your conscious awareness now.

MAKE POINT OF CONTACT WORK!

As you adjust the focus of your understanding at the level you are operating on to bring in the communication at the point of life you desire, and as your consciousness is able to comprehend the manifestation of life at that point, you have made your point of contact work for you.

BELIEVE!

All things are possible to those who can believe. Your level of consciousness at this moment will put you in contact, through your point of contact, with life everywhere present at the same level.

SOME ADJUSTMENTS MADE

There are times when higher level beings make an adjustment, or in other words, lower their level of vibration, to have conscious contact with those they wish to communicate with.

NO HIGHER OR LOWER

It would seem that it must be the higher level being that has to make the decision to make the contact with the lower level being. But, as the human mind would say, there are always exceptions to the rule. It is not an exception, but rather a demonstration, because in True Reality of the total of life that we are, there is no higher or lower.

INDIVIDUAL EXPRESSIONS

Everyone is one with the whole. Just as true, everyone is an individual expression of the whole of life. There are no two pebbles on the beach exactly alike, but they are at one with the beach, which is one with the whole of life.

YOU ARE UNIQUE!

You are one with the whole of life, but there is not another expression of life exactly like you.



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



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