

Creative Guidelines  
Metaphysical Center

Meditation Dynamics  
Lesson 5  
Copyright 1079

## ATTITUDE

### POSITION YOU TAKE

Attitude means the position you take. Attitude is a mental state. Your attitude about Meditation would mean what mental position do you take about it?

### OUTWARD CALM

Your attitude about Meditation Dynamics should be an outward calm with an inner-activity, coupled with a strong determination to follow through with the work you are given to do.

### ADD DIVINE LOVE

A positive attitude with Divine Love to guide you is the best position to take with you into Meditation. Negativity is dark and depressing. Positiveness is Light and Uplifting.

### HERE'S THE KEY

Take the bright positive attitude about yourself, about life, and especially about Meditation. Your meditation should set the pace for your day to day life. If your meditations are positive, bright and shiny, then your day will have a much better chance to be beautiful

### OUR SCHOOLROOM

This plane is just a play on the stage, just a schoolroom. It is in a constant state of change. What we see today will, in a short time, be lost and ashes, or turned back to the primal source.

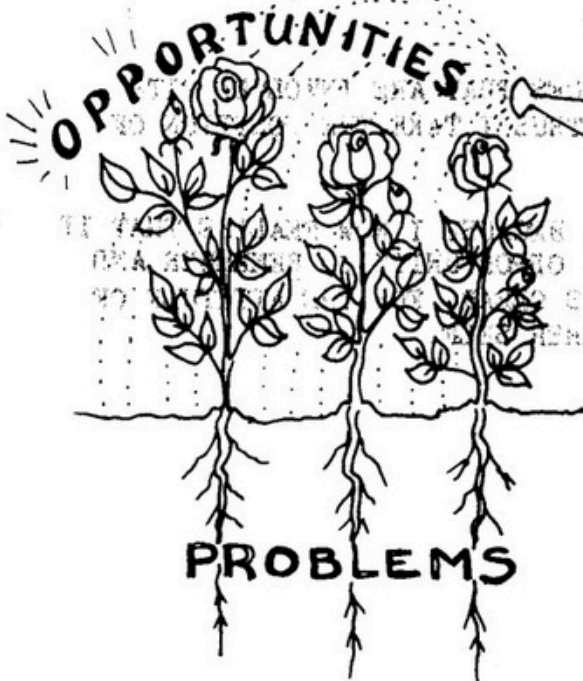


PROPS FOR OUR BENEFIT

The props that are set on this stage of life are for our benefit. Even though the things and conditions of this plane are temporary, they are of great value to us and to our SOUL'S GROWTH.

WHY WE CAME HERE!

We have come here from a bright, beautiful, shining place of existence, a problem-free state. The purpose for this venture into flesh is to HAVE PROBLEMS. For "troubles" and "problems" are OPPORTUNITIES--opportunities for growth--SOUL'S GROWTH!



Our attitude towards this plane, no matter what we see or experience, should be gratitude.

CORRECT PAST MISTAKES

When we remember that this is just a play and we are actors and actresses in this play, then we can be grateful for the opportunity to work out our karma, correct our past mistakes.

WISDOM ERASES KARMA

Correcting your past mistakes is done INSIDE of YOU. YOUR karma is within you, not in someone else or some situation outside of you. Your karma is the thought patterns stored in the memory banks of your Sub-conscious Mind.



WE ARE REFLECTIONS

Your personality and your character---or the way you are coming across, your demonstrations on this plane---are the reflections from the Subconscious memory banks, your karma. This is especially true when you are not aware of the Real Truth.

CHILD OF GOD

When you can remember that you are a child of God and through the Higher Self awareness, you are aware and one with the Cosmos, all existence on all levels. With this awareness, you quickly see through the "Illusions" of the physical plane. You KNOW that there is nothing to fear. You REACT in a Positive and Loving way, no matter what happens to or around you. For you KNOW WHO YOU ARE. You KNOW you are without limit.

AN ATTITUDE OF GRATITUDE

Learn to take the attitude of GRATITUDE in all things. This positive position towards all life and situations will be a powerful plus in helping you to Reach YOUR higher Self.

MEDITATION

I LOOK THROUGH AND BEYOND THE MEMORY OF LIMITED EXPERIENCES THAT ARE INVOLVED WITH ILLUSION AND HALF-TRUTHS, TO THE TRUE REALITY OF LIFE. THUS I TAKE THE POSITION OF KNOWING THE TRUTH ABOUT THE PHYSICAL PLANE.

I AM GRATEFUL FOR EVERY EXPERIENCE THAT I RECEIVE HERE, BECAUSE I NOW REALIZE THAT IT IS AN OPPORTUNITY, AN OPPORTUNITY FOR SOUL'S GROWTH---AN OPPORTUNITY TO REMEMBER AND REMIND MYSELF OF THE TRUE REALITY OF LIFE. MY POSITION IS CLEAR, FOR THE ATTITUDE OF GRATITUDE IS LIFTING ME HIGHER AND HIGHER TOWARDS MY HIGHER SELF.



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