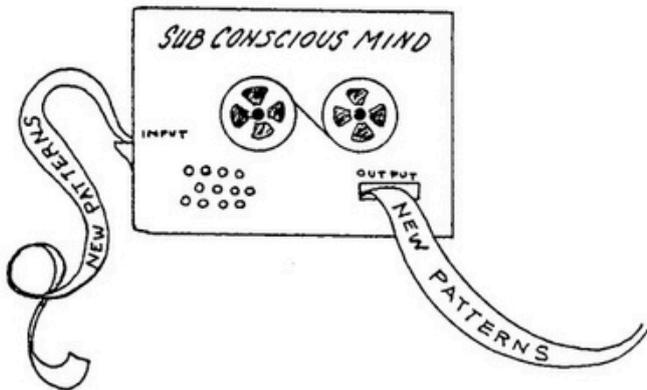


CONCEPTSPURPOSE

Webster's definition of concept is "Thought, notion, idea. Conception, the act of conceiving or being conceived, also beginning. The power to form ideas or concepts."



We see by Webster that conception and concepts are closely related. Could we then say that an individual's concept is the conception of his particular way of seeing or understanding an idea, thought, person, or thing? Or that your concepts are the frame YOU put your thoughts in or framing ideas into your own style? Your concept of an idea is the way YOU SEE IT, the MOLD you have placed this idea in, the WAY you understand it.

CONCEPTS HOLD YOU

It is your concepts that hold you where you are, your concepts of life, your concepts of God, and your concepts of yourself.

To move forward, to make progress, we MUST CHANGE. WHAT do we change? We change our CONSCIOUSNESS, our consciousness is made up of our concepts. We must be willing to change our understanding of life, for our understanding of life is being projected ahead of us, by us, all the time making our life what it is.

CONCEPTS OF YOURSELF

Your concepts of yourself are the places to begin. We tend to think of others, life, and God according to the way we think of ourselves.

We are seeing life through ourselves and our concepts of ourselves are COLORING THE WAY WE SEE LIFE. For example: If we are angry, the whole world, life itself is angry. If we are sad, everything seems sad. If we are happy and at peace, everything falls into place, the world is right and beautiful.

NINETY PERCENT OF THE PEOPLE ARE NEGATIVE

Ninety percent of the people, on this planet, are negative 90% of the time. It is likely that you were brought up in a negative atmosphere. Since we relate most everything to ourselves, it is very likely that you have been trained or conditioned to think of yourself in a NEGATIVE way, in a LIMITED way.

The moment we take our first breath we start being conditioned by outer stimuli, by our parents, people, and conditions we are in. Most people accept the negative thoughts and conditions, that seem to be in the outer physical world, as reality. This class will help you realize how you have formed your concepts and show you HOW to change them where change is needed, so that your inner life will be better. This makes the outer changes for the better automatic.

SPIRIT - ORIGINATING CAUSE

The Spirit is the originating CAUSE. Everything that is comes from the one source; Spirit. As the pure Spirit comes down into the mental realms It is molded and shaped according to the patterns existing in the mind, according to your concepts.

Remember the three circles in the Self Hypnosis Class. Think of Spirit, of Life Force, flowing through the superconscious mind, flowing down through the sub-conscious mind, through the conscious mind, into your outer life. This creates conditions and situations according to the patterns in your subconscious and conscious mind. Spirit is the Creative Power and It is always creating according to the pattern given It. It is IMPERSONAL, or God is impersonal. Life Force is impersonal and It is creating conditions according to the patterns It is given. You and I have FREE WILL and we can choose constantly by our CONCEPTS.

YOUR MIND HAS PATTERNS

You have within your mind existing patterns that the Life Force is pouring through every second of time. Your life is constantly flowing through you, and ahead of you, through the patterns you have created in your mind. It will continue to do so throughout eternity as long as there are mental patterns of your creation.

You, as an individual, are a creator. You can mold your concepts. You can decide. You have free will to decide how you will think, and how you will feel about a given thing, idea, person, or situation. This is creating a CONCEPT. The Life Force is flowing through these CONCEPTS continually giving power, giving life to your creations.

HOMEWORK

Daily: Read current notes each day

Do suggestion of the week in self hypnosis each day

Listen to class tape once each day

Extra: Listen to personal tape each day

Read supplementary inspirational material to keep your thoughts going in the right direction

SUGGESTION FOR THE WEEK

MY CONCEPTS ARE NOW REACHING OUT TO ENCOMPASS THE REAL TRUTH. AND, AS MY MIND ENVISIONS THE TRUE REALITY OF BEING, MY AWARENESS OF MYSELF CHANGES. AS I CHANGE MY CONCEPTS OF MYSELF, MY CONCEPTS OF OTHERS, LIFE, AND GOD ARE CHANGED AND I MOVE INTO A CLOSER VIEW OF THE REAL TRUTH.



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



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