

Creative Guidelines
Metaphysical Center

Spiritual Intensity
Lesson 5
Copyright 1978

CONSCIOUSNESS

LIFE THAT I AM

Consciousness is the awareness of BEING. The Life that I am is Consciousness.

The Life that you are is Consciousness. There is no separation in the consciousness that I am and the consciousness that you are, or the Consciousness that the tree is, or any other life.

LIFE'S BEINGNESS

Life is GOD! Consciousness is the awareness that God is of His Beingness. The life that I am is the awareness of Life's Beingness in me.

NO SEPARATION

I am the Whole of Consciousness, because there is no separation in consciousness. If I choose to limit the awareness of my consciousness to this physical body and what this body can experience with its 5 physical senses, then that is the extent of the awareness of the consciousness that I am at the moment, because I have Free Will to do this.

I AM

But, it does not limit me in Reality, because I am (AM) the whole of Life. I AM the Whole of Consciousness everywhere present in the whole of creation. I AM Life in Totality because there is only ONE Life and it is not separated.



BEINGNESS OF LIFE

The Beingness of life has always existed and will always exist in me, in you, and everywhere. Spiritual growth is awakening to more, or expanding your awareness into more of the Consciousness that you already are.

MEDITATION OF THE WEEK

I OPEN THE DOOR OF MY INNER VISION TO SEE AND UNDERSTAND A GREATER PART OF THE WHOLE OF LIFE THAT I AM. I ACCEPT MY ONENESS WITH ALL LIFE AS I LIFT MY AWARENESS TO A GREATER HEIGHT OF MY CONSCIOUSNESS.

WITH THIS GREATER AWARENESS OF THE WHOLE OF LIFE THAT I AM, I MOVE THROUGH EACH DAY, EACH HOUR, EACH MOMENT, WITH THE CONSCIOUS AWARENESS OF THE TOTAL OF LIFE THAT 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