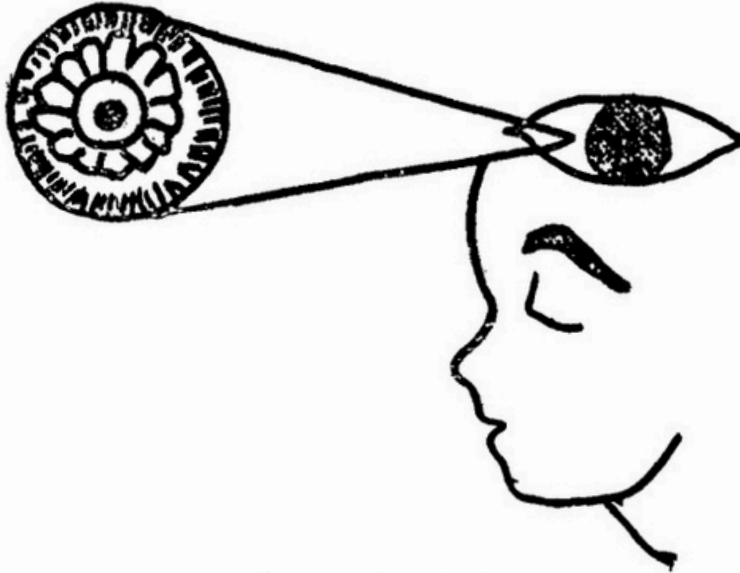


CREATIVE GUIDELINES



MEDITATION

DYNAMICS #2



CLASS #3

VISUALIZATION AND CONCENTRATION

To concentrate the mind in the correct way is to be a focal point for the Life Force to flow through. Concentration means holding your mind on one thing or no thing, without adulteration of any other thoughts.

Life Force follows thought and when your mind is darting and flitting from one thing to another, your forces are scattered and ineffective.

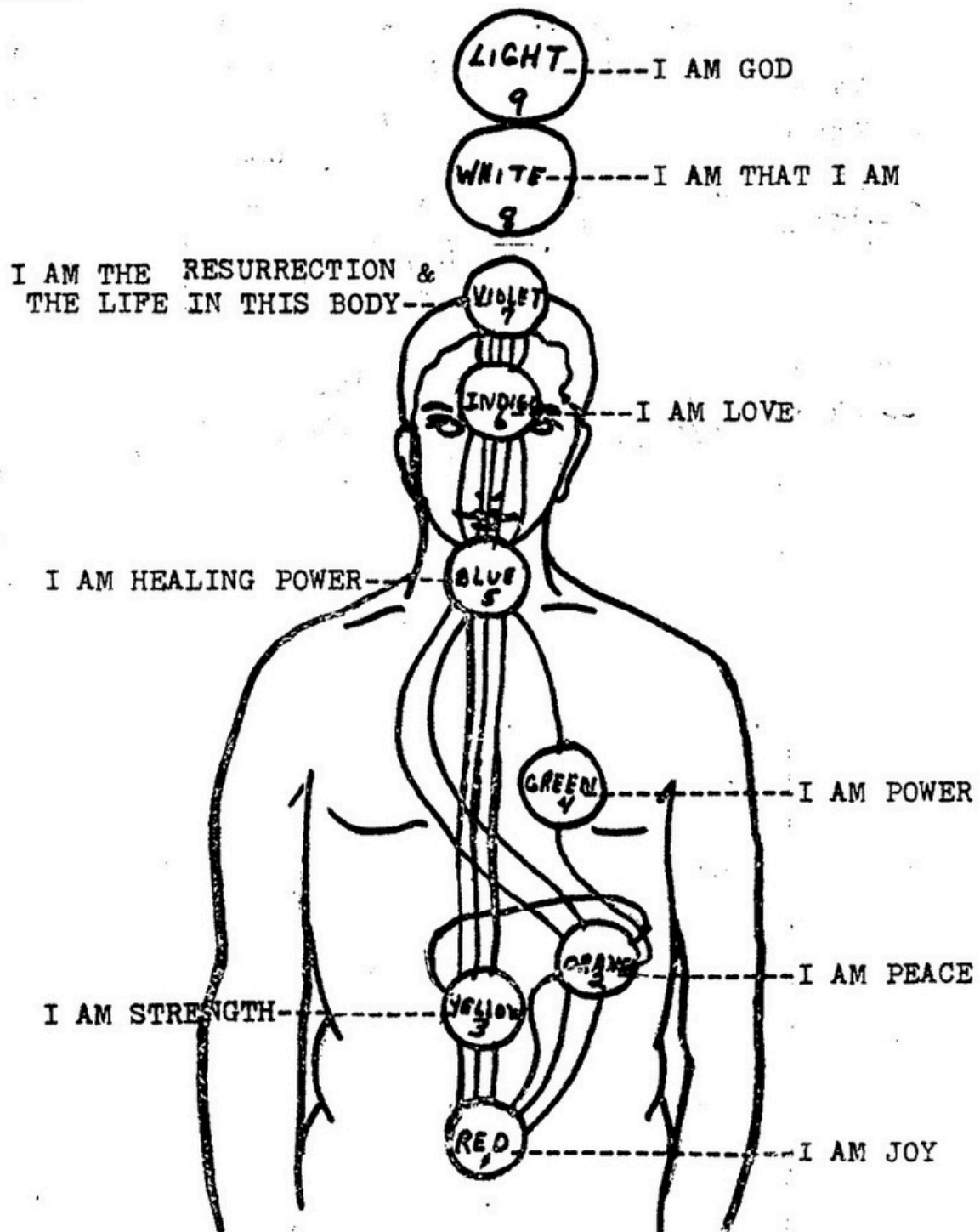


Using the power of visualization will improve the concentration and make it much more powerful.

In our last Class, we learned about the Chakras--their locations and colors. During your Meditations you were to think about the Chakras and the color that relates to them, from the Root Chakra up to the Crown Chakra. Much more power can be put into each Chakra through Visualizing it, Concentrating on it and applying an AFFIRMATION to it.

VISUALIZATION AND CONCENTRATION Page 2

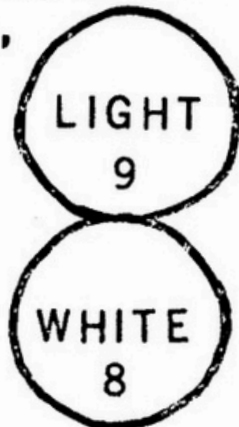
For instance, visualize the Root Chakra by seeing it Red, then concentrate on it and its location in the body and from there think and feel the Affirmation "I AM JOY." Then move to the second Chakra (Spleen) and visualize and concentrate as with the Root Chakra, adding the Affirmation, "I AM PEACE. Continue on up in this way with each Chakra, adding the corresponding AFFIRMATION.



VISUALIZATION AND CONCENTRATION Page 3

As you apply these 3 Steps to each Chakra, LIFE FORCE vibrates and stimulates EACH Chakra according to your THOUGHT. So, it is to your benefit to REALIZE what Powerful Affirmations you are dealing with and applying because, as we said earlier, "LIFE FORCE FOLLOWS THOUGHT."

We don't usually hear much about the 2 Chakras (8 & 9) above the Crown Chakra, but they are there and can be used by us. By their Affirmations, "I AM THAT GOD", you can readily see that CONNECTION WITH GOD. They are very high vibrations and can be experienced by us when- ever we feel "at home" in that high of a consciousness.



Practice VISUALIZING and holding your attention on ONE thing at a time for a period, before allowing your mind to visualize or CONCENTRATE on something else.



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



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