

*Point of Contact*MAKING THE CONTACTCONSCIOUSLY AWAKE AND AWARE

Making contact with your teachers, guides and Higher Beings on the realms above the physical can be done by taking your attention off the physical realm and still remain consciously awake and aware.

POINT OF CONCENTRATION

To do this, you may need something, or an idea to distract your attention and center it through concentration on the thing, or idea, all the while being conscious and aware of the physical plane and the things that are happening around you.

ONE WAY

In the Time Travel Class we used the phrase, "The Lord Thy God in The Midst of Thee is Mighty" plus seeing yourself climb the 10 steps to the Light of the Higher Self.

SOMETHING DIFFERENT

This was your point of contact for that Class. Let us have something different for reaching the attunement with your friends who help you from the other realms. For example, some use a crystal ball, Tarot cards, the palm, tea leaves and so on for their point of contact.

### INNER IMAGE

You need not have an outer thing to use as your point of contact. The Inner Image can be used with just as much results. The Inner Image is the conductor for the Universal Power called Life Force.

### HOW TO ACTIVATE

To activate your point of contact and bring the Life Force into play through the Inner Image, giving life to the particular experience you choose by focusing your conscious awareness on your point of contact, all the while holding the picture of the desired results within the inner image, you give power to your point of contact to make the attunement, or adjustment of vibratory rate that matches your vibrations with the end results, bringing the desired results into your conscious awareness on the physical level.

### PRIVACY RESPECTED

You are never alone, although your privacy is never invaded by the Guardian of your soul.

### ASK AND BE OPEN

Reach out with your free will and, through the inner image, make the contact with your firends in the, so called, invisible often through the day. They are there to help and guide you, but remember, they cannot invade your free will. So, you must ask and be open and you will be helped in the best way for your over-all good.

### CONSCIOUS CONTACT

When you learn to open the channels both way, you will be consciously aware of the help and can have conscious contact with your friends from other realms.

### STEPS

STEP 1 Choose the experience you want to have on the inner realms, such as contact and communication with your teacher.

STEP 2 Use the inner image to activate and stimulate the life force into greater action on the inner realms.

STEP 3 Focus your attention or conscious awareness, on your point of contact---for example, your teacher making the point of contact with you.

STEP 4 Keep your attention on your point of contact within, all the while remaining consciously aware of the outer, without giving it attention.

STEP 5 Listen in a relaxed and peaceful way with the inner ear.

STEP 6 ACCEPT whatever comes to your mind, no matter how faint or far-out it may seem and record it with pen and paper or tape. You always have the option to accept it or not.

With these STEPS you can learn to make contact with the inner realms while in the conscious state, at least semi-conscious. In this way, you have much more control of yourself and the contact.

NOTE- The Teachers and Higher Beings from the realms of Love and Light will NEVER make decisions for you, or tell you exactly what to do, or be negative in any way. Use this as your guidelines to accepting or not.



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