

## CREATIVE GUIDELINES

## TIME TRAVEL

SERIES #1

LESSON #2

## MEMORY

MEMORY OF SELF

The memory of yourself, which includes all of your many life-times, is the history of the entity that you ARE.

PLANET MEMORY

Planet memory is your memory of this planet, when you came here and approximately when you expect to leave. Planet memory is also involved with your memory of all the other planets that you have been on.

COSMIC MEMORY

Cosmic Memory is the history of all of life at all times. All of this history is within you because you are ONE with all life.

"MAN KNOW THYSELF"-

To know yourself fully, you will need to remember your past. This will include your past lives. Most do not remember the past because they do not want to. You may say consciously that you do want to remember your past, but if you do not remember, then it is evident that you really don't want to. The records are right there within you and by getting your attention away from the physical level, you CAN tune into the subconscious Memory Banks and travel back to any time you want---review and re-live it!

You will need to get the co-operation of your subconscious mind to be able to do this.

Courage and Understanding are important elements in Time Travel. You must have the courage to go ahead and LET YOURSELF REMEMBER the past even though you may judge some of it unpleasant and painful. In order to have the courage, you will need to understand that it

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was unpleasant or painful only because you label it "painful."

You can, through greater understanding, realize that this physical plane is just a "school-room", just a "play" on a stage. We have just come here for EXPERIENCE and GROWTH.

Through this understanding on the conscious level, you can then have a better chance to condition your subconscious to overcome the habit of "forgetting" everything that has seemed unpleasant, or painful in the past.

Also, with the power of SUGGESTION, you can review the seeming unpleasant or painful objectively, without re-living the pain now that you had then.

Courage is a fore-runner to Wisdom. It is sometimes the lack of courage that keeps us from remembering the past.

The mind has been trained to forget pain---wanting to avoid that which is unpleasant. But, if we are to know ourselves and gain control, conscious control of our destiny, then we MUST learn to remember it all.

The unpleasant memories are most likely the originators and generators of the Negative Patterns that we wish to overcome and eliminate from our lives. So, we must be willing to face ourselves and, through greater understanding, rise above the turmoil of the PAST.

As long as we persist in "forgetting", we put off our good, because these patterns are active and do have an affect on our lives.



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