

CREATIVE GUIDELINES



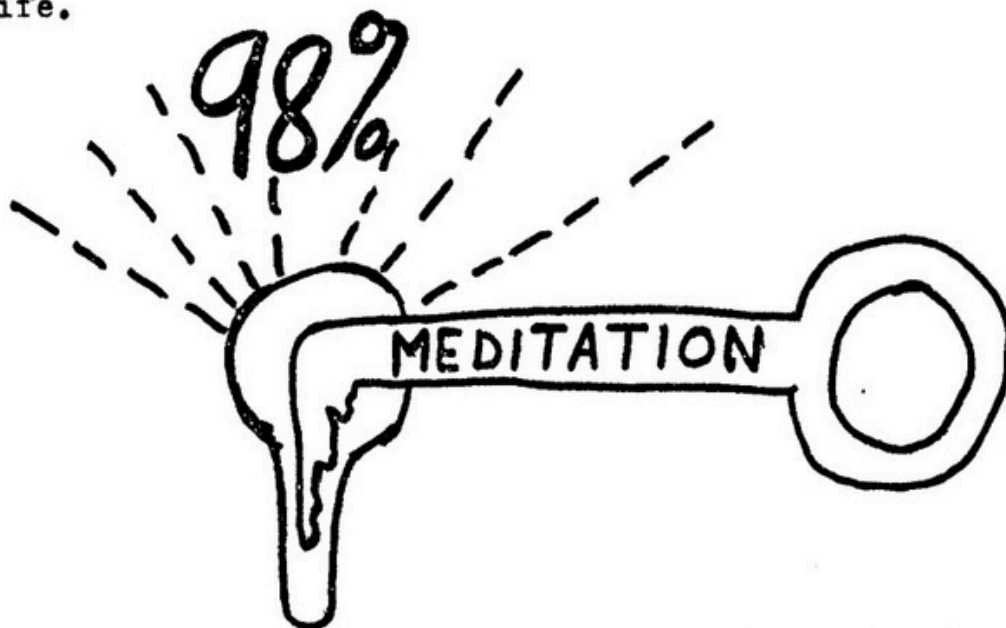
VALUES

MEDITATION

DYNAMICS # 1

CLASS # 4

Meditation is just a tool, a means to an end, not the end in itself. Like a hammer is a tool that helps build a house, it is not the house. Meditation unlocks the door to the inner worlds, giving you access to the other 98% of your Self and the other 98% of life.



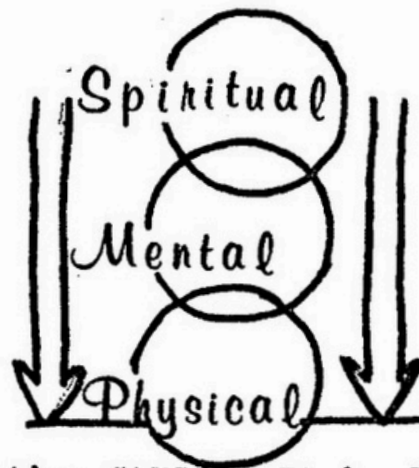
To gain entrance to the inner worlds you learn to change your values. Let us suppose that you have given the outer, physical world 98% or even a 100% value--or shall we say importance. You must now learn to give more value or importance to the inner worlds, because the inner worlds are so much more important than the outer world, so much more valuable.

Man, with a physical body, sees with his physical eyes, hears with his ears, smells with his nose, tastes and feels on the plane

that is called the Physical. Through his actions and reactions to what he senses, he builds up a personality that he calls himself and believes this to be all of life.

The physical life is just a reflection of the Reality of Life and Beingness, and when we give most of our attention to the outer reflection, we are missing the inner Reality or Life Itself, thinking ourselves to be the reflection we see in the mirror.

We must render unto the physical that which belongs to the physical, for we are attached to the physical for a time. But to give life meaning, to know purpose in existence, we must render unto Spirit that which belongs to Spirit. We must give the credit of life to the Spirit, for it is in the Spirit that life originates. Everything comes from above--down, from within--out. This is the order of Beingness.



Spirit is the originating CAUSE. It is from the Spirit we came and to the Spirit we are returning. You have free will and can delay the time of returning to the Source of your existence, or you can be in the world, but not OF it, giving more and more of your attention to the Reality of Life and less and less to the outer husks, to the reflection.

Beginning this week----after you have completed the Rhythmic Breathing, as you sit in relaxed stillness, let your attention go to the Pineal Gland in the head, a point just between the eyebrows. In the quietness of your meditation, let your attention rest on this point. If you wish, see it as a small ball of light just

inside the skull about two inches. Keep the attention centered here for the rest of the Meditation Period, giving no energy to other thoughts that may try to crowd in.



The pineal gland is one of the important contact points from the physical to the Spirit---or a connecting link to the Higher Levels.



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