



Metaphysical Center

Tapping The Source  
Lesson 1  
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# TAPPING THE SOURCE

Book.  
Cosmic  
Consciousness

## OPENING THE DOOR

To reach into the Higher Levels of consciousness and tap the source of all, we must be open to move in consciousness from where we are to where we want to be.

To open the door from the physical awareness to the Inner Dimension of Higher Consciousness we learn to relax the physical body as well as the conscious physical awareness, so that you are less aware of the physical and more aware of the inner realms.

As a beginner, you will never be completely unconscious of the physical self and the physical world. But with practice you can learn to tune out the distractions of the physical.

When you open the door to one room and step through it, leaving the door open, you are within the other room, but still aware of the room you moved from, or in this case the physical plane.

Now if you give more attention to the room you just entered, or let us say the inner realm, then the physical begins to fade, even though it is still there, and you are more aware of the next dimension upward.

Now open the door to the next room, the next dimension of life. As you use the inner image to think of Light and beautiful color and patterns you can learn to impress your inner vision with that which you would see.

At first you need to assume the role and bring forth the image of light, color and patterns, or whatever appeals to you, on the inner screen of your mind. As you practice, this will become more natural, until it becomes automatic.

If you seem to be out of tune with yourself, take some deep breaths as you sit or lay quietly and instruct your body and mind to be calm and relaxed.

Learning to open the doors within you to the inner dimensions of life is the first step that takes you on the inner journey to tap The Source.

Opening the doors to the inner realms means, at least partly closing the door of attention to the outer world.

Life force follows thought. So whatever you are giving thought to, you are giving life.

Your free will to direct your attention where you will is the key that opens the doors to the inner realms that leads your attention to the Highest Point of Life, The Source of all that is.

#### AFFIRMATION

I AM NOW OPEN TO DIRECT MY ATTENTION INWARD AWAY FROM THE OUTER WORLD TO THE WORLDS WITHIN.

AS I RELEASE ALL THOUGHTS OF THE PHYSICAL, I DIRECT MY ATTENTION TO THAT WHICH IS WITHIN.

I NOW REALIZE THAT 98% OF LIFE IS WITHIN, ABOVE AND BEYOND THE OUTER PHYSICAL. I NOW OPEN THE DOORS WITHIN MYSELF TO BECOME ACQUAINTED WITH THAT GREATER PART OF LIFE BY RELEASING THE OUTER AND ATTENDING TO THE INNER DIMENSIONS OF MYSELF AND THE WHOLE OF LIFE.

I KNOW THAT AS I PRACTICE GIVING ATTENTION TO THE INNER, I BECOME AWARE OF THE DIMENSIONS ABOVE AND BEYOND THE PHYSICAL AND MOVE CLOSER TO THE SOURCE OF ALL THAT IS.



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



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