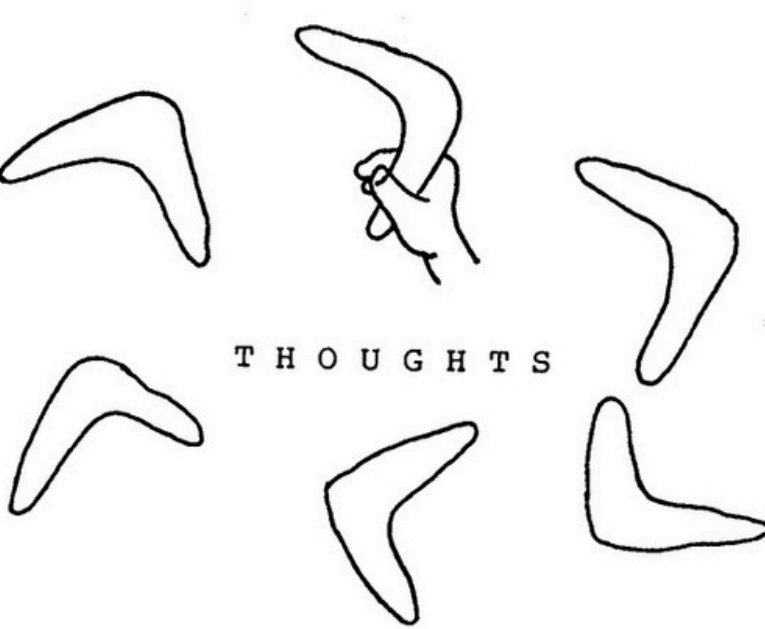


THOUGHTSPURPOSE

The purpose of this class is to show you that every experience you have in your physical world has come directly from your own thought processes.

When we can accept this as truth, then we have a way of changing our life. But, as long as we blame our mate, our parents, politics, the country, or the weather for our problems then we will never be able to change our life. Because, we cannot change other people, but we CAN change ourselves. As we change ourselves, the outer conditions in our lives change accordingly.



T H O U G H T S

THOUGHTS ARE THINGS

Thoughts are things, they create after their own kind and all return, in force, to their creator.

The power of thought is quite similar to the power of electricity. It is a force. Each thought goes out and creates more thoughts like it-self. This planet is surrounded by a cloud of dark, negative thoughts created over thousands of years by mankind. These thoughts have shut off the ability, for the most part, for us to have contact and communion with the Higher Realms.

If you think sad and lonely thoughts, then you will be sad and lonely. If you think happy, joyful thoughts, then you will be happy and joyful.

The thoughts that are running through your mind will influence you to be whatever type of thought you are thinking. Your moods and attitudes will be the undercurrent influenced by these thoughts, this influences you to think like thoughts in turn.

### CONSISTENCY IN THOUGHTS

The consistency of the type or quality of thought you entertain over a period of time will determine your level of consciousness.

### CONSCIOUSNESS

What do we mean by the word CONSCIOUSNESS? Your level of consciousness is the combined habitual patterns of thought integrated and interwoven into your mental processes.

"As a man thinketh in his heart, so is he." In this case, "in his heart" is denoting the subconscious. Not just what you happen to be thinking consciously at the moment, which is about 2% of your being, because the conscious mind is on the physical level, but your total integrated, interwoven, habitual patterns of thought that are constantly going on in the undercurrent of yourself. You are not always conscious of this until you awaken and start being aware of what you're thinking and feeling.

### CHANGING YOUR PHYSICAL LIFE

Change your thinking and you change your level of consciousness. Change your consciousness and your outer, physical life must change accordingly. Any change in your thinking must be consistent over a period of time before the effects will show in your outer life.

You can really change your outer life by changing your inner thought processes, but it must be over a period of time. You can't go through a few days attempting to think positive and expect many results, because there is an undercurrent going on all the time that most people are not conscious of. Let us make this statement: NINETY PERCENT OF THE PEOPLE ON THIS PLANET ARE NEGATIVE NINETY PERCENT OF THE TIME. You are a part of this ninety percent. You take a class like this and you learn to be positive thirty percent of the time. That is a great increase and it is doing very well, but you are still being negative seventy percent of the time. You have to get over the fifty percent mark before you are actually going in the right direction, and this takes TIME, it takes PRACTICE but you can do it!

### START AND END THE DAY RIGHT

Your first thought in the morning sets the pace for your day, and your last thought at night sets the pace for the night. When you awaken or when you become conscious your first thought or your first impressions set the pace for your day and you can learn to remember this.

When I first started trying to do this it was 10 or 15 minutes, sometimes, before I remembered that I should think positive. The way that I finally began thinking positive at the first waking awareness was to condition myself as I was going to sleep at night that I would awaken and remember to say, "GOOD MORNING, FATHER. I LOVE YOU." Of course, you can say, "GOOD MORNING, GOD," or you can say, "GOOD GOD. . . MORNING?"

The last thought at night sets the pace for your activity at night, for you do leave your body each night as you go to sleep. This is what causes sleep. You, the Real Self, actually leave the physical body. The Silver Cord is attached, but you actually go different places at night, especially when you are taking a class like this, and trying to grow, and learn new things. At times, you go to classes on the other realms. At other times, you go about helping other people in situations in certain ways.

#### AS ABOVE, SO BELOW

"AS ABOVE, SO BELOW." Just as God rules all existing universes by the dynamic quality of His thoughts, so can you, as a part of the Infinite, govern your world of Self by your thinking, converting all matters into perfect alignment through your mental, emotional, physical advantage.

Remember in the 2nd Self Hypnosis Class I said to you, "EVERYTHING COMES FROM ABOVE, DOWN." So, everything has to be worked out in the inner realms first. Your thoughts are the mental realms and where the patterns are. You can learn to govern yourself. You can learn to control your mind and emotions by controlling your thoughts, by practicing, working at it, and concentrating on the ANSWER instead of the problems.

#### REALIZATION OF THE DIVINE

Your power of thought will be affective in the shaping and directing of your life in the exact degree and measure of your realization of the Divine, or Spirit.

Realization of the Divine. What does this mean? It means whenever you REALLY know who you are. Whenever you learn to know that you are not this body, that this body is just a vehicle like your automobile that you're using for transportation. That you're not even your mind, that your mind is another vehicle, but that YOU ARE SPIRIT, that YOU ARE DIVINE, and that YOU ARE ETERNAL. You are not really limited to the physical laws or the mental laws. You are SPIRITUAL and you CAN RISE ABOVE these physical laws and mental laws. It does not mean that you can break them, because



when you "break" them or go against them you then pay the penalty. You can rise above them by knowing the Truth. The Truth is that YOU ARE ETERNAL, YOU ARE DIVINE, and that you can turn loose of this physical realm by rising above it and by overcoming it. Your power of thought, shaping your life, will be affective to the degree that you KNOW this Truth, because this is what makes it work. Realizing that you CAN do it, just as the water was turned into wine, you also can do this "and even greater things."

### HOMEWORK

- 1.) Read the Seven Day Mental Diet, right away. Start the diet as soon as you finish the book. If you fall off the diet, start up again. Remember, now is the only time you have.
- 2.) Daily:
  - Read class notes
  - Read Suggestion of the week
  - Listen to class tape
  - Listen to personal tape

### SUGGESTION FOR THE WEEK

NOW THAT I AM OPEN FOR CHANGE, I AM READY AND WILLING TO CHANGE MY THINKING PATTERNS WHERE CHANGE IS NEEDED.

I AM NOW WATCHING MY THOUGHTS CAREFULLY, CHOOSING EACH ONE WITH CARE TO SEE THAT IT FITS IN WITH MY IDEA OF LIFE, FOR I NOW REALIZE THAT AS I THINK SO I AM AND BECOME.

REMAINING WATCHFUL ALL THROUGH THE DAY, I AM CHANGING MY THINKING FROM NEGATIVE TO POSITIVE, FROM FEAR TO LOVE AND PEACE. I AM DETERMINED TO CHANGE MY THINKING AND I AM STANDING GUARD ON THE DOOR OF MY MIND TO ALLOW NO THOUGHT THAT IS LESS THAN LOVING, AND IF NEGATIVE, FEARFUL THOUGHTS PERSIST IN SHOWING THEIR FACES, I REFUSE TO GIVE THEM ANY ATTENTION, DIVERTING THE POWER OF MY CONCENTRATION TO LOVE, PEACE, AND JOY.



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



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