

Creative Guidelines  
Metaphysical Center

Age Regression  
Lesson 3  
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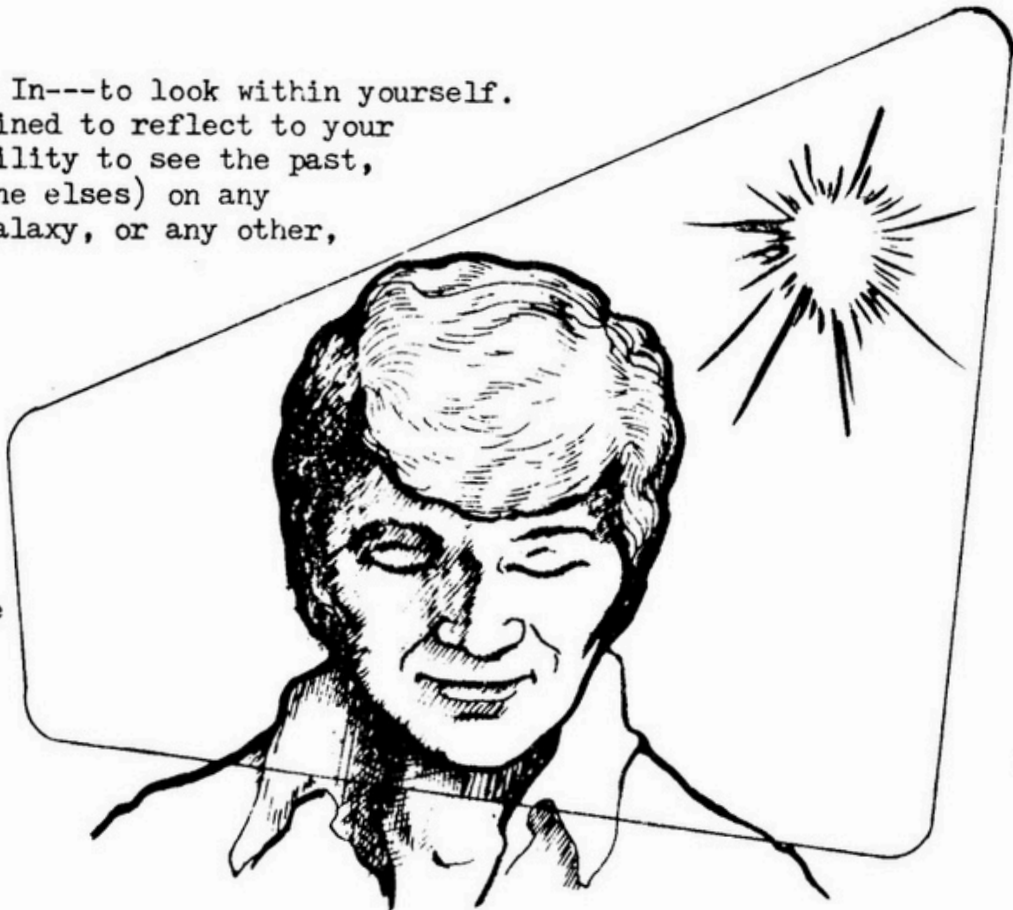
### INNER IMAGE

#### IMAGE IN

IMAGINATION means to Image In---to look within yourself. The inner image can be trained to reflect to your conscious awareness the ability to see the past, the future, (yours or anyone elses) on any planet, anywhere in this galaxy, or any other, or any dimension.

#### BELIEVE IT POSSIBLE

The ability to do this begins with believing it POSSIBLE. Then, as you practice going back in time, in this lifetime and others, the ability to tune into your akashic records and reflect them onto the inner image, you become consciously aware of your past.



#### BUILT-IN PROJECTOR

The inner image, or imagination, can be thought of as a screen with a built-in projector. The records of Akashi can be thought of as reels of film and sound tract.

#### REFLECT PAST EXPERIENCES

We start by using the inner screen to reflect the experiences of your past. See a dial on this inner screen. Turn the dial to the right. You will notice that

the dial has an upper diget and a lower diget. The upper diget represents the LIFETIME. The lower diget---your AGE in that particular life.

### START WITH ZERO

We start with 0 on the upper diget that indicates the present life. Next, #1 represents the first previous life from this and #2 the second previous life from the present one, etc.

This method can be used or the Hall of Time, with the different doors, whichever appeals to YOUR mind the most.

### GO WITHIN

To use the inner image, you will need to take your attention away from the outer images and go WITHIN, into the inner worlds. Thoughts of the outer world will distort, or turn off, the ability to use the inner image.

Imagination means to LOOK IN, not out!

### OUTER VIRSUS INNER

Some people are outer people and some are inner people. In other words, some give most of their attention and thought to the outer world, while others are in the outer world, but they give a lot of attention to inner images. These people are sometimes called "day dreamers."

### INNER PERSON

It is easier for the inner person to use his inner image, because he has been doing it all along. The outer person can develop the ability to use the inner image through PRACTICE.

### OUTER PERSON

If you are an outer person, do not be discouraged when you try the inner image with little result, but start practicing. Look out your window for a few seconds, then close your eyes and re-capture the outer image on the inner screen of your mind. Practice this until you are able to get most of the forms and images on the inside with your eyes closed. Then close your eyes and re-capture the beginning of this day and bring it up to the present time. After you are able to do this, go back in your mind to yesterday morning and bring it up to the end of that day. Then, try to re-capture the same day of the week--last week.

### SUCCESS

After you have been successful to some degree with this, then go back to a

pleasant time in your childhood. Bring in every image you can. Also sounds, smells, tastes and feelings. Go over it several times, making it more clear each time.

### STAY IN CONTROL

After this, try an unpleasant time in the past. Bring all the emotions into play, but do not let yourself get out of control or dwell on the negative too long. Be objective. The idea is to practice all kinds of situations so that you can be proficient with the inner image.



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