

CREATIVE GUIDELINES



MEDITATION

DYNAMICS #1

CLASS #1

The purpose of Meditation is to learn how to turn loose of the outer, physical world and go within yourself to the inner worlds, or the Higher Levels. The outer is less than 2% of life, the inner contains the other 98%. The True Reality of life is WITHIN. The outer, physical world is just a reflection of the Reality of Spirit. To give all your attention and value to the outer, physical is to believe in only the husk-----the outer shell----without knowing the heart and spirit of life.

You are in the physical for definite reasons---SOUL'S GROWTH. The physical world is not real, it is just a reflection of the reality of life. It is a play on a stage. You are the actors, actresses, playing a part for the purpose of education---learning--understanding----growth. To get caught up in the play and believe it to be Reality is to be snared in a trap that holds you back temporarily from progress on the Spiritual Path, or Soul's Growth.

By giving some of your day to meditation or going within, you keep in touch with the heart of life, Spirit, and make it easier to remember that the outer, physical is not real---that everything comes from above--down, or from within--out. When you learn to remember all through the day in all kinds of situations and

conditions, that this three-dimensional world is not your real home, that you are not that physical body, that it is not important what happens to or around you, but it is so very important how you REACT to what happens to or around you, you will be far upon the way to overcoming the world and setting your Soul free to roam the universe and live in the many mansions that He has repared for us.

Now that you have enrolled in this Class, put it in its proper place of importance in your life. Give it number 1 priority in your life, because no one or no thing or situation is more important to you than your Soul's Growth. If you give the work in this Class its rightful place of importance in your life, it could be the beginning step from where you are, to freedom from these lower vibrations of this plane to soar to the heights of the Higher Planes.

It would be well to start your training in Meditation with short periods of about ten minutes each, three times a day. It is better to have the same time periods each day and spread it out through the day like morning, noon, and evening.

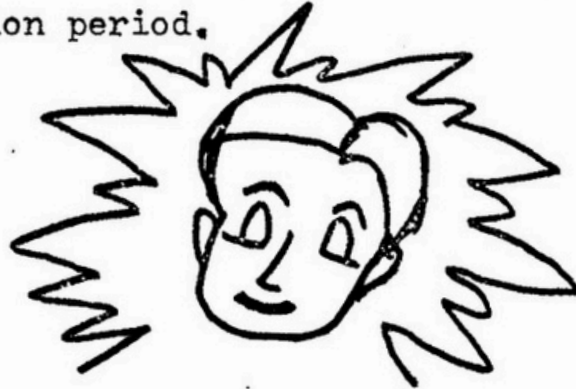


The best position for the westerner to meditate is sitting in a comfortable chair with a straight back. Most of the weight of the body should be on the thighs and hips---feet flat on the floor---back straight, but loose and relaxed---neck and head should be straight with the spine---arms loose at your side. Hands relaxed on the thighs with the thumb and first finger closed and the palm partly turned upward. The whole body should be relaxed and comfortable so that during meditation time you can turn loose of any thought of your body or the outer, physical world and move your awareness WITHIN.

(over)

The next thing, after assuming the position, is to close the eyes and imagine that you are surrounded by Light. A good imagination is desirable in Meditation, but if you don't seem to have one, don't be concerned, just KNOW that you are surrounded with Light. Cultivate your imagination when possible but do not strain to do it or be unhappy because you seem to lack it. These negative attitudes will help to defeat your effort. Just KNOW, with determined confidence, that you WILL improve.

As you sit in a relaxed attitude, quiet your mind and let it rest. Think of yourself slowing down. Your body is relaxed, your mind is at rest and your spirit is calm. Hold your thoughts still as you remain RELAXED, CALM and at REST for the remainder of your Meditation period.



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