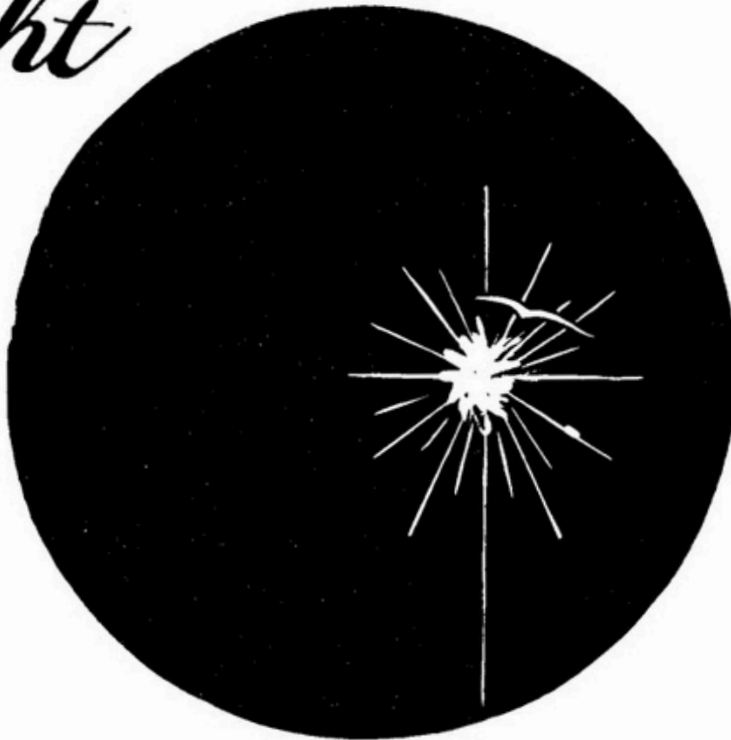


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Meditation Dynamics  
Lesson 6  
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# Light



## LIGHT

### SEE BEYOND THE PHYSICAL

"The Light shone in the darkness and the darkness comprehended it not."

### DIVINE SYMBOL

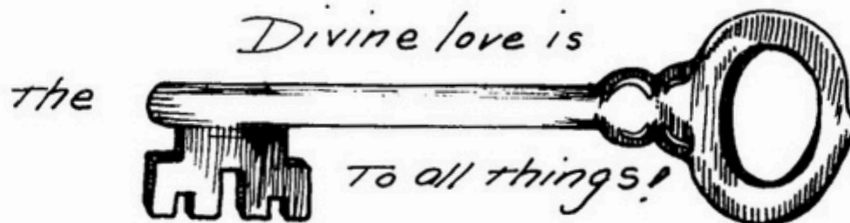
Light is the symbol of Divine Understanding and Wisdom. Darkness is the symbol of hate, anxiety, doubt and all the other negatives based in FEAR. The fear is caused by ignorance, or a lack of Understanding.

### NEED FOR TRUE UNDERSTANDING

Any time anyone makes a mistake, even murder, it is caused from the lack of True Understanding.

### BACK UP TRAINING WITH LOVE

Punishment will not bring the Understanding, but often creates more misunderstanding through hate, resentment and fear. The right kind of education, when the individual is ready, can bring about understanding that leads to Wisdom, especially if the training is backed up with love. This means Divine Love with all the attributes present, such as patience, Kindness, Generosity, Humility, Courtesy, Unselfishness, Good Temper, Guileless, Sincerity.



### GREATEST OPPORTUNITY

Through Love, you will have the greatest opportunity for Spiritual Growth and expansion of consciousness. Love is the forerunner of Light. When you can learn to Love under any and all conditions, you will have a constant companion of Divine Light. As you learn to Love without discrimination, Light will go ahead of you dispersing all darkness, paving the way for the greatest opportunities while you are on the earth plane.

INNER EYE IS SINGLE

"IF THINE EYE BE SINGLE, THINE WHOLE BODY WILL BE FILLED WITH LIGHT." The Inner Eye is single not dual as the outer eyes. Learn to see the Truth of Oneness, not Duality, and you will be Light.

"The Light shone in the darkness and the darkness comprehended it not."

MEMORY OF LIGHT

To recognize Light, you cannot concentrate on darkness. If you close your eyes and all you see is darkness, then do not concentrate on the darkness. Let your attention go away from the darkness and recall to your mind a memory of Light.

BE THERE

On the mental realms, you can move backward and forward in time. Wherever you move to, you will be there in your mind.

LOOK BEHIND THE DARKNESS

Behind the specks of darkness is the Light. Tilt the attitude of your attention to the Light.

MEDITATION

THE LIGHT OF TRUTH IS NOW BEING ESTABLISHED WITHIN ME AND I AM LEARNING TO KEEP MY EYE SINGLE TO THE UNITY OF ALL LIFE.

I NOW REALIZE THAT ALL LIFE IS ONE, BECAUSE ALL LIFE IS MADE OUT OF THE CREATOR OF LIFE.

THROUGH THE GUIDANCE OF THE HIGHER SELF, I AM LEARNING TO KEEP MY EYE SINGLE TO TRUTH. THIS MEANS THAT I TURN FROM THE ILLUSIONS OF DUALITY IN THE OUTER WORLD AND TURN TO THE UNDERSTANDING OF ONENESS AND UNITY OF ALL LIFE, NO MATTER HOW IT APPEARS TO BE.

AS I LEARN TO SEE THROUGH THE SINGLE EYE OF TRUTH, MY WHOLE BEING IS FILLED WITH LIGHT.



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



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