

## CREATIVE GUIDELINES



# MEDITATION

## DYNAMICS # 1

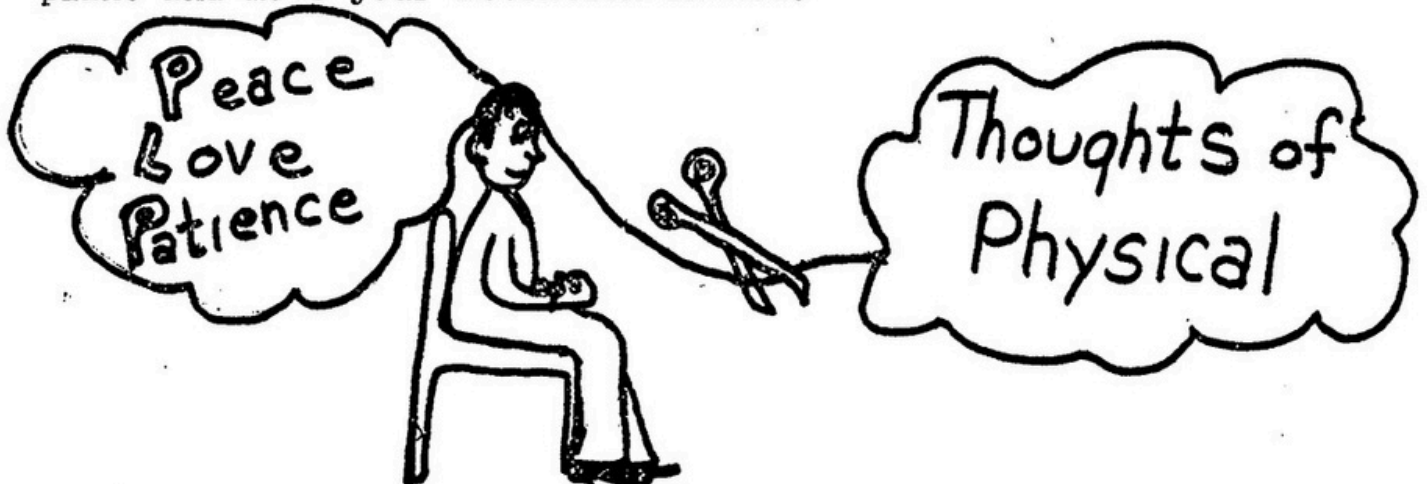
## CLASS #2

The mind is the connecting link from the physical to the Spirit. If the mind is clogged up with worry, anxiety and all the other negatives based in fear that cause tensions, the connection to the Spirit will be broken and all you get through in your Meditations is garbage.

PEACE OF MIND WILL MEAN A QUIET MIND.

The static of negativity that is caused by fear of the illusions on the physical plane must be tuned out before the connection with the Spirit will be clear and unadulterated. Having a clear undisturbed connection with the Spirit is what Meditation is all about.

As you sit in your Meditation periods, let go, turn loose of all thoughts of the day. Turn loose of all thoughts of the physical plane and move your attention inward.

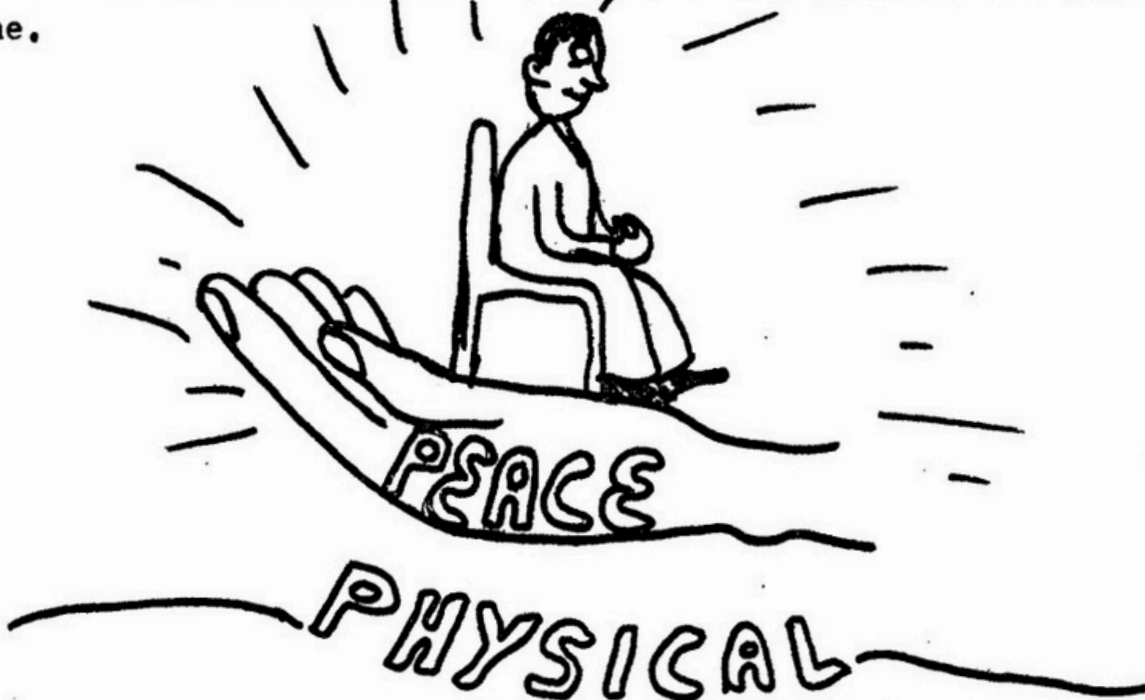


Patience is a close cousin to Peace. When you feel impatient, you are not at peace.

Learning anything new will take patience and this is especially true with Meditation. Learning to Meditate is a subtle thing. It is learning to relate to other levels than the physical. Most of our life is spent relating to physical facts. When you meditate you are shutting off the physical and going within to the inner level of life.

The inner levels are governed by different Laws than the physical plane. For example, gravity is one of the Laws of the physical plane. There is no gravity on the inner levels!

As you practice your Meditations this week, let your thoughts go to the idea of Peace. Think what Peace means, Meditate on it. FEEL the Power of Peace lift you above the pull of the physical plane.



Let your consciousness be absorbed with the understanding of Peace. As you go back into your day after the Meditation Time, take the feeling of Peace with you and play a game with yourself to see how long you can keep the presence of Peace that you brought forth in your Meditation as you go about your outer, physical life.



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



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