

CREATIVE GUIDELINES



CLASS #1

AFFIRMING THE
T TRUTH

MEDITATION
DYNAMICS #2

The Truth with a capitol T means the Eternal Truth and has very little to do with physical facts. The physical is mostly illusion. In other words, the physical plane is not what it appears to be. The physical is just a reflection of the Reality of Spirit.

When we affirm the Truth, it should be the Reality of Spirit. For example:- "I have a cold" is incorrect. It would be better to say, "this body seems to have symptoms of what is called a cold."

You are not your body. You are not a permanent dweller on this physical plane. You are just a visitor here going to school and when your lessons are learned, you will not need to return to this plane again.

You are SPIRIT! You are ETERNAL! To have the freedom of Spirit you must learn to identify with Spirit, rather than physical. When you think of yourself as your physical body, then you are limited to the body and the physical plane. But, when you think of yourself as Spirit, an Eternal Spirit, that had no beginning and will have no end, then you are without limit.



AFFIRMING THE TRUTH Page 2

You are made in the Image and Likeness of the Creator. You have the power to create, just as God has. When you affirm yourself to be limited to the body, then you are; to be poor, then you are; to be sick, then you are.

Affirm The Truth about yourself. When you use the words-- I AM--you are putting the God Power behind your affirmations.

LEARN THE FOLLOWING BY HEART AND IN THIS ORDER



BE STILL AND KNOW THAT I AM GOD.

Put feeling, emotion and conviction into these affirmations and affirm them often through the day.



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



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