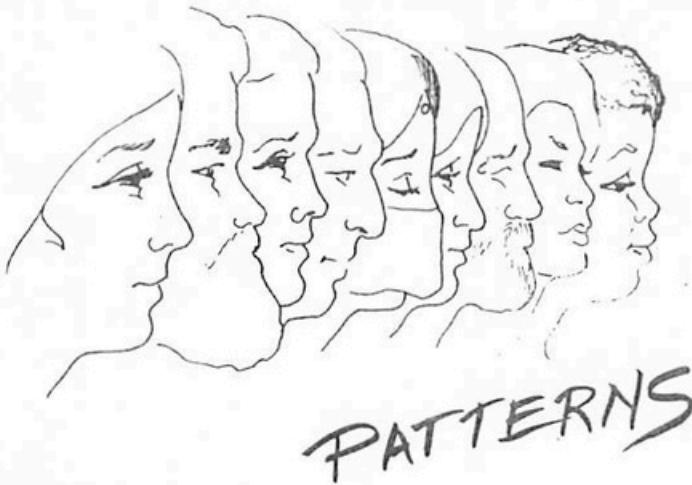
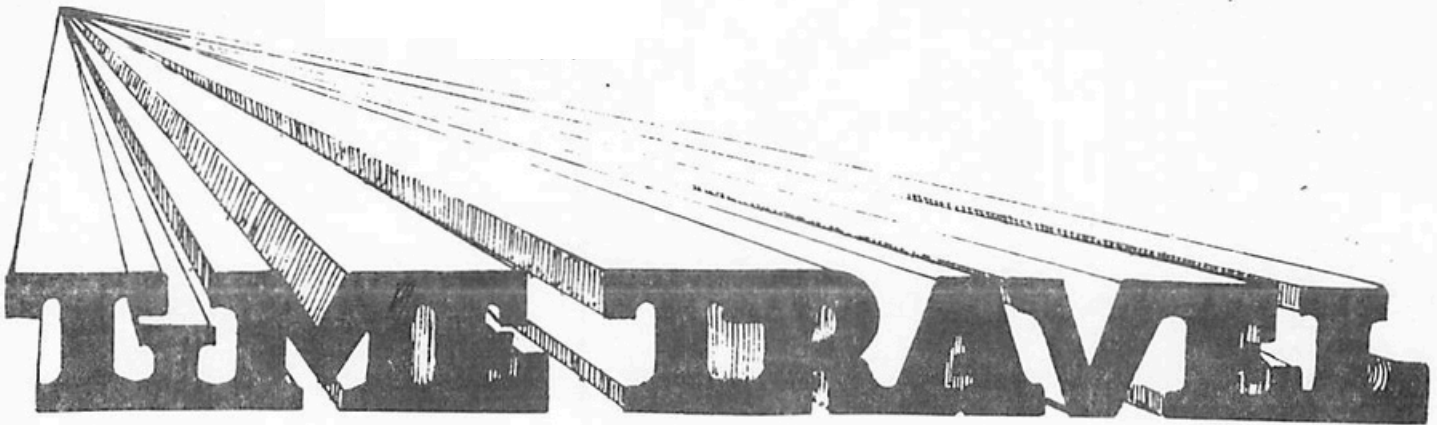


Creative Guidelines
Metaphysical Center

Age Regression
Lesson 9
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BECOME AWARE

The Life Force flowing through the patterns of your conscious and subconscious mind project your life as it is on this physical plane. By becoming aware of what your patterns are from the past, you can change them in the present and mold your future, thus controlling your destiny.

BE THE MASTER

You are the master of your fate, because your thoughts, actions and reactions have shaped the patterns in your mind. You yourself have done it and only YOU can undo it and do it over if you are not satisfied with your life.

INVESTIGATE YOURSELF

The shape of your life as you find it, in the physical, outer, every day existence, has come from the influence of many lives from the past. Perhaps you have played many kinds of roles in your many lifetimes, sometimes as a man, sometimes a woman. But, if you will investigate yourself from the past, over a span of time, you will see definite patterns emerging from the many lives with many different roles in both sexes.

BE YOU!

You are what you are! You are where you are, wherever that is. ACCEPT IT! ACCEPT YOURSELF! FACE YOURSELF! Be honest with yourself and clear up these unwanted distorted patterns that keep causing you trouble in your day to day life.

There is no fear except fear itself

IN SEARCH OF TRUTH

You are searching for the Truth or you would not be in this Class. You want to unravel the Mysteries of Life and behold the secrets of the universe.

I say to you, look no further, but Look Within YOURSELF.

SECRETS OF LIFE

You have the secrets of all life right there inside of yourself. You will not find the deeper mysteries of life in the outer world because it is just a reflection of the Real Life. The physical is the last wave of the ripples of life force emanating from the fountain of all existence.

LOOK WITHIN

Look not outward, but look within, within yourself. Over 98% of life is in the Inner Worlds. To give most of your time, energies and thought to the outer physical, is to be satisfied with the husks---that is almost nothing, compared to the spirit of life. The spirit is the reality. The physical is just a reflection of the spirit.

BE WHERE REALITY IS

It has been said that "home is where the heart is." Let your heart be where the reality is, not the reflection or illusion.

OVERCOME ILLUSION

By being controlled by the outer physical, end result of patterns, that were set in motion through fear, through illusion, is to be lost, at least for a time in an existence of madness.

It has been said that this planet is the insane asylum of this part of the galaxy.

STEP INTO LIGHT

This is your opportunity to turn on the Light of Understanding and step into that Light, step into the Truth and turn loose of the illusory values that turn to ashes in your hands while you desperately cling to them for your very existence.

BE AWARE

As you look at the patterns from your past, be aware of both the positive and negative ones, but mark well those destructive patterns that need changing and prepare your mind to be open for their change.

Don't feel guilty or condemn yourself about it, just mark it - turn your attention to what you're going to change it to, what you're going to replace it with - the positive

TECHNIQUE

Constructive Loving Pattern.

Take a so-called problem and, through the Higher Self and the technique of Time Travel, trace it back to its beginning. See and understand the Cause, or how it got started, then bring the pattern forward towards the present and, just before you get to the present moment, turn the negative pattern back upon itself.

You will turn it back the same way you brought it forward, with the Inner Image and the Power of the Higher Self. You are in charge of your life, whether you know it or not. Take CONSCIOUS control of your total self---past, present and future---Higher, middle and lower. You can mold your life as you want it to be, no matter what you have done in the past.

Take one negative pattern at a time and work with it until it is dissipated and no longer has an influence upon you.

Decide what pattern you are working on, what you are going to replace it with before you go into hypnosis.

When you recognize the problem, then you will need to decide the Answer, or form a positive pattern. At the moment you turn back the negative pattern upon itself, turn it loose in your mind, and in the groove where the negative pattern would have been, the positive pattern is established and continued to the present and allowed to flow into the future.

This is all done with the Inner Image through the Power of the Higher Self. The positive pattern should be nurtured and attended to with great zeal and Persistence, with all the energies and life force that was given to the negative pattern transferred to the positive pattern and even more until it is established firmly in the place of the old.

After positive is established, won't have to think about it so hard or work with so laboriously because it will be automatic. Old neg pattern will want to come in + insert its place immediately send Divine Love into it, cancel it out every time the neg habit acts up. SUGGESTION Pattern this to come back. See Yourself acting, feeling etc. in the positive, constructive + loving way over time.

MY FREEDOM FROM THE PATTERNS OF ILLUSION THAT FLOW FROM THE PAST INTO THE FUTURE IS DEPENDENT ON TRUTH. I AM NOW READY TO OPEN MY EYES TO THE TRUE REALITY OF LIFE. I AM NOW READY TO BECOME AWARE OF THE DESTRUCTIVE PATTERNS FROM THE PAST THAT KEEP MY VISION CLOUDED WITH PHANTOMS THAT HAVE NO REAL EXISTENCE IN LIFE ETERNAL.

I AM NOW READY TO FACE MYSELF AND KNOW THE REAL TRUTH ABOUT MYSELF. THE REAL TRUTH IS THAT I AM NOT THE OUTER HUSKS OF THE PHYSICAL WORLD OF ILLUSION. I AM SPIRIT! I AM THE SPIRIT OF TRUTH AND I NOW CHOOSE TO DWELL IN THE SPIRIT OF TRUTH WHERE I WILL BE ETERNALLY FREE FROM THE PATTERNS OF ILLUSION.



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