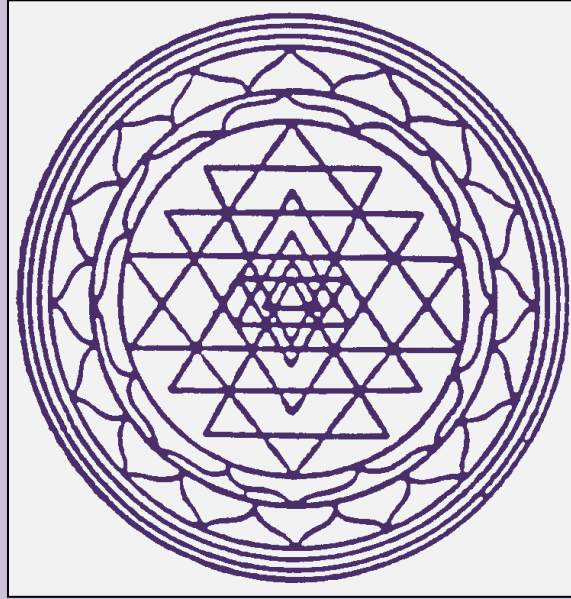


# MEDITATION



# DYNAMICS

By

**Dr. Paul Leon Masters**

*University of Metaphysics*

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## **FREE BONUS COURSE**

In

## **MEDITATION DYNAMICS<sup>©</sup>**

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Meditation Dynamics is a “How To” course. The content of each lesson deals with actual practices of meditation, self-hypnosis and related metaphysical disciplines. In sending you these lessons, we presuppose that you already understand the basic philosophy of these subjects through study of the lessons in your Doctoral Program, and/or through other previous study.

Related books are generally filled with the psychology and philosophy of these subjects, but include very little information pertaining to actual practices. Should you decide to teach this course in your local area, its true value to you and others will come from the *actual practices* demonstrated. To test the benefits yourself, *practice one lesson daily* for one week, before going on to the next lesson.

Upon completion of your Doctoral Degree Program, and after studying and personally evaluating how beneficial this course can be for others, you may wish to teach from these lessons in your local area. If you have such an interest, contact us for details.

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♦ *May God's Blessings be yours as you benefit from the practice of the Meditation Dynamics course.*

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A handwritten signature in black ink, appearing to read "Paul L. Masters", written in a cursive style.

**Paul L. Masters, FOUNDER**  
**UNIVERSITY OF METAPHYSICS**

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# MEDITATION

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## EXERCISE II

### CANDLE CONCENTRATION II .....

1. Prepare yourself for meditation by following the instructions given in PRACTICING MEDITATION.
2. Place a lit candle about one foot from your eyes, and proceed exactly as follows:
3. Project a radiant auric light around your body.
4. Focus your eyes ON THE CENTER OF THE FLAME with a fixed gaze.
  - The center of the flame is where the flame is in contact with the wick.
  - Keep your eyes from wandering from this central point.
  - Do not tense up.
  - Remain as relaxed as possible, yet keeping your body motionless.
  - Breathe heavily as you would if you were sound asleep, KEEPING YOUR EYES FIXED ON THE CENTRAL PART OF THE FLAME.
  - Continue for five minutes.
5. Close your eyes and continue to envision the flame as an after-image in your inner eye.
6. Focus your eyes ON THE CENTER OF THE FLAME with a fixed gaze. *(If, after closing your eyes, the flame is not within your inner vision, then reopen your eyes and gaze at the flame's center for another few minutes.)*
7. When you are successful in keeping the flame within your inner vision, concentrate mentally on it. Watch it as it changes from color to color, from one shape to another.
8. Breathe normally. Continue for 10 minutes.
9. After the candle image has completely disappeared, keep your eyes closed and keep your conscious attention fixed on the center interior of your forehead. Continue for 10 minutes.
10. Open your eyes once more and fixedly watch the flame for a few minutes without gazing.
11. End the meditation by momentarily closing your eyes, saying to yourself mentally:

***"UNIVERSAL SOUL - MIND - LIGHT ... I THANK YOU."***

# CONTACTS WITH HIGHER CONSCIOUSNESS

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## D EGREES OR STATES OF UNIVERSAL MIND . . . . .

### Visual -- Inner Eye --- Clairvoyant

- **COLORS** - You perceive cloud-like, or mist-like clouds of color with an accompanying feeling of elevation or inspiration throughout your body.
- **VORTEX** - Funnel type of effect, as color seems to flow from a point closest to you (*in your inner eye*), to a distant point, narrowing to a point at that distance.
- **FLOWERS** - The psyche's symbols of Higher Consciousness. May be viewed as roses, lilies, lotus, petals of flowers. As viewed, it is accompanied by an elevation or inspirational feeling throughout the body.
- **RELIGIOUS SYMBOLS** - Symbols seen may be orthodox religious in nature -- such as the cross, or more esoteric -- such as an urn of fire, a flaming torch, a diamond or jewels, etc. In most instances, the symbols are accompanied by a feeling of inspiration throughout the body.
- **RELIGIOUS PERSONS** - Persons dressed in religious dress, or persons who emanate a definite religious aura of radiance when viewed. These persons are usually a visual personification of a part of your own Higher Consciousness. Perceptions are usually accompanied by an elevation of inspiration felt throughout the body.
- **BIRDS** - Eagles and doves are the most frequently perceived. These are visual personifications of a part of your own Higher Consciousness. Perceptions are usually accompanied by an elevation of a feeling of inspiration throughout your body.
- **SCENES** - Quite common are streets or ornate gates of gold. These are symbolizations of areas of your own Higher Consciousness. Elevation of feeling throughout the body usually occurs. Other scenes also common of Higher Consciousness include mountains, trees, temples, churches, shrines, stained glass windows, a peaceful countryside, etc.
- **FIRE** - Can be perceived in head area, inside upper half of body, or as if whole body were a flame of fire. After perception, one is left with a feeling as if they are cleansed psychically or spiritually.
- **GEOMETRIC PATTERNS** - Symbols of a part of your intelligence connected with a Higher, Creative part of your Consciousness.