



University of Metaphysics

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FREE BONUS COURSE

In

MEDITATION DYNAMICS

Meditation Dynamics is a course designed to teach actual practices of meditation, self-hypnosis, and related metaphysical disciplines. In providing you these lessons, we presuppose that you already understand the basic philosophy of these subjects through study of the lessons in your Doctoral Program, 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 less 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. Note that Meditation Dynamics is copyrighted material; therefore, to protect yourself legally, an arrangement with the International Metaphysical Ministry is essential.

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

A handwritten signature in black ink, appearing to read "Paul L. Masters".

Paul L. Masters, Ph.D., Founder
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MANTRAMS

FOR SPECIFIC AREAS OF YOUR LIFE THAT NEED IMPROVEMENT

■ FOR HEALTH

"In the PERFECT MIND of the UNIVERSE, my BODY is in COMPLETE PERFECT HEALTH ALREADY ... and I give THANKS that SO IT IS."

■ FOR LOVE

"In the PERFECT MIND of the UNIVERSE, I ALREADY HAVE PERFECT LOVE with the PERFECT PERSON for ME ... and I give THANKS that SO IT IS."

■ FOR FINANCIAL PROSPERITY

"In the PERFECT MIND of the UNIVERSE, financial prosperity is MINE ALREADY ... and I give THANKS that SO IT IS."

■ FOR PEACE

"In the PERFECT MIND of the UNIVERSE, my MIND and BODY are FILLED with PEACE and RELAXATION this MOMENT ... and I give THANKS that SO IT IS."

■ FOR CONFIDENCE

"In the PERFECT MIND of the UNIVERSE, my THOUGHTS are INSPIRED THIS MOMENT to CONFIDENT SELF-ASSURANCE in EVERY area of MY LIFE ... and for this I give THANKS that SO IT IS."

MANTRAMS

FOR PROGRAMMING SUBCONSCIOUS RELEASE TO HIGHER CONSCIOUSNESS DURING TRANSCENDENT MEDITATION PERIODS

- FOR HIGHER CONSCIOUSNESS

"WHENEVER I MEDITATE, my subconscious mind RELEASES me into the HIGHER CONSCIOUSNESS of the PERFECT MIND of the UNIVERSE ... and for this I give THANKS that SO IT IS."

- FOR SELF-DIRECTED INTUITION AND INSPIRATION

"My conscious mind is OPEN, EVERY MOMENT of EVERY DAY, to INTUITIONAL SELF-DIRECTION and INSPIRATION from the PERFECT MIND of the UNIVERSE... and I give THANKS that SO IT IS."

SUGGESTION STRUCTURE

➤ *When formulating the wording of a suggestion, take the following into account:*

- BELIEVE YOU ALREADY HAVE OBTAINED YOUR GOAL. State your suggestion in such a way as to say to yourself that you have already accomplished the goal of your suggestion.

- ▶ *Example: "I am better," instead of "I will be better."*

- USE THE PRESENT TENSE. State your suggestion in a way that says **NOW**.

- ▶ *Example: "I am better this instant," instead of "I am becoming better."*

- BE SPECIFIC.

- ▶ *Example: "I weigh 100 lbs," instead of "I am losing weight."*

- EXPRESS POSITIVE WORDS.

- ▶ *Example: "I am relaxed now ... at ease, and comfortable this moment," instead of "I will not be tense," "I will not get nervous," or "I will never feel ill at ease"!*

CONTACTS WITH HIGHER CONSCIOUSNESS

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.

- **AUDIBLE PERCEPTIONS** - Clairaudience.
- **BEE-LIKE SOUNDS** - A humming or buzzing type of sound from within the head. A phenomenon of consciousness, but not necessarily Higher Consciousness.
- **POUNDING SOUND** - Usually starts softly and then increases in intensity. A phenomenon of consciousness but not necessarily Higher Consciousness.
- **OM SOUND** - Sounds either like "OM" or "AUM." Sound is like it is being breathed within one's head. Definitely a contact with Universal Being.
- **MUSIC OF SPHERES** - A very melodious, ethereal, or out-of-this-world type music. Just the music may be heard, or sometimes it is heard with a chorus of voices. A Higher state of Consciousness in which Universal rhythm or motion is contacted.
- **FEELING CONTACTS** - Without either Clairvoyance or Clairaudience.
- **WARMTH** - The body feels as if it is glowing with an inspiring warmth and peace.
- **FLOWING** - The body feels pleasant waves of energy motion passing up or down its length.
- **SUSPENSION** - The body feels suspended, as if in space, and at the same time feels blissful and joyous.

SENSITIVITY CONTACTS

- ▶ **ONENESS** - The body and mind feel nothing but a oneness with life and the universe.

-
- This is beyond intellectual realization.
 - It is a peaceful emotional release.
 - In this state, one may feel as if the universe had stopped for One Eternal Moment, and that Moment was being experienced.
 - It may also seem that one is flowing with the Total Beingness of life.
-

INNER VISION EXPANSION TECHNIQUE

Practice this technique to increase the visual area of your Third Eye.

▶ *If employed, this technique can increase the inner visual area from just the area of your forehead to the entire inside area of your head.*

- IF YOU ARE IN A RECLINING POSITION, imagine that on the ceiling above you there is a circle of about three feet in diameter directly above you.
- IF YOU ARE IN A SITTING POSITION, imagine this circle to be on a wall directly in front of you.
- With your eyes closed, let your eyes travel clockwise around the circle seven times.
- Then reverse the direction and go counterclockwise seven times.
- *Do this very slowly*, moving your eyes under your eyelids.
- The inside of your head will begin to have a radiance around the line that your eyes travel.
- Inside the circle of radiance your inner vision will lighten *to allow you to see more clearly with your Third Eye.*

AUM BREATHING TECHNIQUE

▶ *The word OM or AUM is used in deeper practices of meditation as a sound vibration to open Higher Consciousness.*

- It may be pronounced out loud in a deliberate repetitious fashion which will produce results.
- Or, it may be done in the following manner, known only to a few advanced mystics for producing maximum results:
 - *Breathe in* with a slightly open mouth, letting the "A" be formed by the sound of your inhaling breath.
 - The first half of your exhalation breath forms the "U" sound with your mouth slightly open.
 - The second half of your exhalation should be done with your mouth closed, letting the breath that is passing through your nostrils form the "M" sound.
- Breathing in this manner about seven times consecutively will allow your mind to be sensitive to Higher Consciousness.