

ONLINE MEDITATION Instruction



Mary Ellen Flora

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By Mary Ellen Flora

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Online Meditation Instruction

This instruction focuses on several basics of meditation:

- Grounding
- Centering in your Head
- Present Time

Your instructor for this series is author and spiritual teacher, Mary Ellen Flora. You can find further information on these techniques in the [CDM Spiritual Center store](#).

Meditation for All

Everyone can meditate! All you need is your attention, your body and time to be quiet.

We use the Egyptian posture for meditation because it allows all seven major chakras to open and develop, and creates a balance and communication between spirit and body. This posture does not require physical training for specific positions because you sit in a straight-backed chair to meditate.

You are spirit, a bright spark of the Cosmic Whole. Your body is your vessel in the physical world. You, the spirit, are the creator of your life. You use your body and associated energy system to create in the material world. Meditation helps bring spirit and body together to enhance your spiritual creativity in the material world.

Your body needs your spiritual attention in order for you to use it effectively. Your body needs a quiet, comfortable place so it can feel safe for you to turn within and consciously awaken as spirit within your physical consciousness. Meditation puts both you and your body into a state of being which is focused within to your spiritual awareness.

You can use some of the meditation techniques in daily life but a complete focus on meditation requires both your spiritual and physical attention. Please do not meditate while doing physical tasks that require your attention such as driving a car or operating equipment. Meditation requires your attention and involves your body so you cannot effectively perform many physical tasks while strongly focusing on meditating. When you develop in your meditation practice, you may develop the ability to meditate in most circumstances. Be realistic about how much attention your meditation focus requires especially if you are a beginner. Create a quiet place and time to meditate and you will be rewarded.

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MEDITATION

Class One: Preparing your Body for Meditation

You need to prepare your body for meditation so get started now by getting a comfortable chair in a quiet place to begin your adventure. Let your body relax and focus on the simple exercises.

CREATE A QUIET ENVIRONMENT with a straight-backed chair. You do not need a special place, just a safe, quiet one.

SIT STRAIGHT IN YOUR CHAIR with your feet separate and flat on the floor and your hands separated and relaxed on your lap. This posture opens your energy system so you can turn within and be open to yourself.

CLOSE YOUR EYES AND TURN WITHIN.

TAKE SOME SLOW, DEEP BREATHS TO RELAX YOUR BODY.

FOCUS ON YOURSELF by listening to your breathing and your heartbeat. Breathe slowly and deeply throughout your meditation to relax your body by sending rejuvenating oxygen through your physical system.

BEGIN YOUR MEDITATION with this posture and inward focus. Use the breathing to relax your body and to help focus your attention within.

THIS IS THE TIME TO FOCUS on you, the spirit, and to rejuvenate your body.

THIS MEDITATION POSTURE AND PRACTICE are also beneficial for healing yourself, both spirit and body.

PRACTICE this posture and exercise for ten minutes a day.

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MEDITATION

Class Two: You Are Spirit

You are a bright spark of light. You are spirit and part of the Divine Whole. You can discover how to experience yourself the spirit, as a bright light, a Divine spark within the physical world.

The bright energy that is you is the light and life of your body. You, the spirit, are the creator of your life. You are the healer, communicator and creator. Your body is the transmitter for the vibration that is you, like a radio transmitting music. You are the vibration of light and your body is the vessel.

With meditation, you learn to quiet the intellect and emotions of your body and allow your spiritual flow into your consciousness. When you meditate you awaken to yourself, the spirit, and remember how to effectively use your body.

SIT IN A CHAIR, BACK STRAIGHT, feet separate on the floor and hands relaxed in your lap. Breathe deeply and be still for a moment. Enjoy feeling your body rhythms of breathing and heart beating to help you focus in the moment.

BE STILL and know that you are spirit and be quiet with this knowledge for a few moments.

BE PHYSICALLY CONSCIOUS OF YOUR SPIRITUAL PRESENCE. Being still with this awareness of your spiritual nature leads you within where you awaken to you, the spirit.

ALLOW YOUR BODY TO BE AWARE OF YOU, THE SPIRIT. Your body may feel you as warmth, tingling, a bright light, a presence. Be still and allow your personal experience.

SAY HELLO to yourself, the spirit, and receive a hello in return.

TAKE TIME to be still with yourself. This quiet time is a healing for both you and your body.

YOUR CONSCIOUSNESS OF YOUR SPIRITUAL EXPERIENCE will alter your view of life. Enjoy the new vista.

PRACTICE: Be aware of you, the spirit, during your quiet time.

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Class Three: Spirit Creating through a Body

Spirit can create inside of a body or outside of a body. Spirit is pure energy not bound by physical form unless it chooses to create through a body. Spirit creates pictures, formulas, vibrations, and more when outside of physical form, and continues to create with these and many other levels when inside a physical body. When we are in a body, we create from our desires and beliefs. We can learn to be in charge of our creativity by meditating on our beliefs and desires. We can change what we create with our choices.

Why do we take bodies? We choose to create through a body because it offers so much focused information, stimulation, learning opportunity, and experience. We grow at a more focused level in a body, like sunlight through a magnifying glass instead of diffused in the sky. Our energies are manifested in physical form and focused for our learning and growth.

Creating through a body is an incredible opportunity for spirit. There are also many challenges in fulfilling the opportunities you create. The first challenge is remembering you are spirit and have a body, and then realizing spirit and body are different and how each functions. Souls are usually in touch with themselves as spirit and with God when they are born and enjoy discovering and experimenting with the body. “Oh, boy! A toe!” But souls soon meet the challenge of the world convincing them that they are “just a body” and not part of the Cosmic Whole. Unawareness is planted and usually grows into a “spiritual sleep”. The soul hopefully chooses to reawaken to its spiritual nature and live as spirit instead of “just a body”. This is all part of the learning process of spirit creating through a physical body, awakening to one’s spiritual nature within one’s physical vessel.

Give your body attention and begin to recognize that you are spirit and not your body, so you can use your body effectively. Turn within with meditation and awaken to your spiritual self and your awareness of how to use your body.

SIT IN A QUIET PLACE in a straight-backed chair. Place your hands separated in your lap and your feet flat on the floor. Relax your body with deep breaths.

LISTEN TO YOUR BREATHING and heartbeat to focus on yourself and your body.

USE YOUR BODY CONSCIOUSLY by releasing tension from it through your breathing.

BREATHE IN CALM, breathe out tension. Allow time to relax with your breathing. Use slow deep breathing.

CONSCIOUSLY CREATE what you desire.

BREATHE IN what you desire and breathe out what you seek to cleanse. Allow time for your body to change.

FOCUS ON ONE BELIEF you wish to change and use your breathing to change and heal. Breathe in your present desire and breathe out your unwanted belief.

YOU ARE SPIRIT, YOU ARE NOT YOUR BODY. You, the spirit, are the creator of your life and your body is the physical expression of your creativity.

RESPECT BOTH LEVELS OF YOUR CREATIVITY by meditating to bring spirit and body together in harmony. Learn to ground and enhance your process.

PRACTICE: Meditate on what you are creating in your body.

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Egyptian Meditation Position

MEDITATION

Class Four: Letting Go to Create

Letting go is an important part of creating. We are all creating at a very fast pace and need to let go as rapidly as we can to create energy and space for our new creations. For example, by releasing the past, we can enjoy our present and prepare for our future. We also need to help our bodies let go of old patterns so we can create in new ways.

Meditation is a beneficial method of letting go. You, the spirit, can release energy stored in your body and free yourself from creating through past pains and patterns. You can create a clearer field in your body through which to flow. You are spirit and your body is your vessel. You create and store information in your body and can learn to let it go. Meditation is the easiest way to accomplish this healing of letting go. Grounding is a meditation technique that helps you let go.

You, the spirit, can release emotions, stress, other people's ideas, excess energy or anything. You are energy and everything in your body is energy, so you can transform energy invested in an emotion into a neutral energy to be used in something else. For example, you can release hate and use the neutralized energy to enhance your relationship with Earth.

Releasing energy can be as easy as dropping a leaf in a stream and watching it float away. Visualize the leaf flowing to a river and to the sea to join the flow of life. By releasing energy, we have more space and more energy to create. Releasing is part of creating and we need to remember the importance of letting go for the flow of creativity.

Everything is part of the Cosmic Whole so when you release something, it returns to the Cosmic. All things are part of the Cosmic Flow and we need to release as much as we create so the flow is continuous. Nothing is destroyed. Everything is transformed to be reused. This is part of the healing process in a body.

SIT IN YOUR MEDITATION POSTURE and focus on one thing you want to release.

GET THE CONCEPT OF LETTING IT GO by simply allowing it to melt away. To enhance your release, learn to ground.

TURN WITHIN and be aware you are spirit and the creator of your experience.

BE AWARE of your body as your vessel and that you can change it by creating and letting go.

ALLOW WHAT YOU WANT to release to float out of your body and float away on a cloud.

USE YOUR OUTWARD BREATH to release the unwanted energy and your inward breath to

rejuvenate your body.

MEDITATE on your creativity.

PRACTICE: Release one unwanted energy each time you meditate.

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MEDITATION

Class Five: Quieting Your Body

To meditate, you need to quiet your body's emotions and intellect in order to tune into your spiritual vibration. You do not turn your emotions or intellect off; you simply quiet them. Like a radio needs to be set on a specific wave length to receive the music and on a comfortable sound level to enjoy it, you need to quiet the body's vibrations to receive your spiritual energy and also be physically conscious of you, the spirit. Your body is your communication and creative system for you, the spirit. Your body has unique characteristics that are opposite of you, the spirit. Your body uses emotions and its intellect to communicate and you need to remember how to use and relate to the body's messages to respond beneficially.

Know that you are spirit and not your body. The body has emotions and intellect and you, the spirit, do not so you need to learn how to relate to your body's messages to understand your body. For example, the body could be expressing sadness and you are ignoring its message. By acknowledging your body's sadness, you validate your body and its experience. This allows you, the spirit, to respond by allowing the body to cry or be angry and take time to release the sadness and move on in your creativity.

It is tempting to ignore the body's emotions but if you do, the emotions can make the body sick. Spirit needs to listen and respond to its body in order to use the body effectively. Allow your body to communicate to you with its emotions and you, the spirit, will know what is happening in your physical world and can respond.

The body's intellect is another way it communicates with you to create your physical life. In meditation, you need to quiet the chatter of both the emotions and the intellect to hear these messages clearly so you can respond. Quieting the body allows your spiritual vibration to sing through. Begin with a hello to your body, acknowledge its messages and it will cooperate with you in meditation.

SIT IN YOUR MEDITATION POSTURE. Use your awareness that you are spirit to help you tune into your spiritual vibration.

SIT QUIETLY and use your breathing to help you relax.

LISTEN TO YOUR BODY and discover its main emotion at this moment.

ACKNOWLEDGE YOUR EMOTION. Say hello to your body and allow it to be as it is.

USE YOUR BREATHING to communicate with your body. Breath into your emotion, allow it without being overwhelmed by it.

RISE ABOVE the emotion as spirit and also allow your body to express itself.

TUNE IN to your body's main intellectual chatter. Use your breathing to help you calm your body and quiet the chatter enough for a comfortable interaction.

RESPOND TO YOUR BODY'S intellectual message without being overwhelmed by it.

FOCUS ON YOUR BREATHING to help you quiet your body's emotions and intellect.

BE STILL AND ALLOW your spiritual awareness to come into your physical consciousness as you recognize and release your body's messages.

PRACTICE: Meditate on recognizing and releasing your body's main emotion.

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MEDITATION

Class Six: Enjoying Your Meditation

Your meditation is a time for both you, the spirit, and for your body. This is when you let go of external issues and focus within on yourself. This time for you can be fun, rejuvenating and an enjoyable experience.

Your meditation time is when you both receive and give. Since everything is connected, when you receive for yourself, you receive for everyone. You also balance spirit and body when you meditate, which creates quiet and peace within your physical system. Your meditation is time for you, a peaceful island in the sea of life. Whether your sea of life is calm or stormy, your meditation island is always there for you as a sanctuary of peace and quiet. Your increased vibration will eventually bring you to enthusiasm, the energy level close to the Cosmic vibration. What greater joy exists than experiencing the Cosmic?

USE YOUR MEDITATION POSTURE to quiet your body and turn within. Breathe deeply, relax and focus within. Let go of your emotions, thoughts and every other worldly thing for now.

MEDITATE ON THE VIBRATION OF JOY. What color is joy for you? Allow this energy of joy to flow from above your head into your body and fill your body with the energy of joy.

BE STILL AND BECOME FAMILIAR with your vibration of joy. Allow your body to adjust to this high vibration. Joy is a high vibration and may cause disturbance until your body adjusts to this new energy.

USE JOY TO RELEASE unwanted energies. Breathe deeply and relax your body so it can release lower vibrations and experience joy.

FOCUS ON YOUR MEDITATION sanctuary within. Simply allow the sea of the world around you to be as it is and allow you to be as you are.

ALLOW YOUR SPIRITUAL energy to create calm and quiet within to let peace and joy flow into your body.

BE STILL and enjoy your meditation.

The powerful spiritual technique of grounding enhances your meditation beyond imagining. Continue with your development in meditation by adding grounding to your meditations. Enjoy your meditation!

PRACTICE: Notice when you experience joy this week.



Meditate on the Vibration of Joy

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GROUNDING

Class One: Fundamentals of Grounding

Grounding is the foundation of our meditation practice. This meditation focuses on you, the spirit, consciously using your physical body. Thus, the grounding originates at the root chakra, or first chakra, located near the base of your spine. The first chakra contains your spiritual information about creativity within the physical body. Grounding benefits you in healing yourself.

Grounding helps you, the spirit, be in charge of your life by giving you a conscious connection with this physical reality. It helps you be more aware and in control of your physical creations. When you are grounded, the body is safer because you are present and focused on it. Grounding makes the body feel comfortable because you are there and in charge, much as a child feels safe when an adult is present to help.

Grounding from the first chakra enhances your spirit and body communication and creativity. Grounding keeps your body safe and helps spirit flow into the physical world with ease. Grounding is the first technique to learn and use in your meditation. Grounding is the creation of an energy cord from your body to the center of the Earth. You, the soul, create the cord from your first chakra and allow it to flow to the center of the Earth.

To best experience grounding, find a quiet place where you can be alone and undisturbed. Use your meditation position and sit in a straight-backed chair with your spine as straight as possible. This helps your energy move more smoothly. Sit with your hands separated in your lap and your feet flat on the floor. Take a few deep breaths to relax your body and let yourself enjoy using grounding to turn within.

FROM YOUR FIRST CHAKRA, close to the base of your spine, create a cord of energy and let it flow like a laser beam, down through the physical world of the chair, floor, and Earth, to the center of the Earth. Make the connection between your first chakra and the grounding cord a strong one. Also, make a strong connection at the center of the Earth. Breathe and relax your body, allowing it to adjust to being grounded.

YOU CAN BE GROUNDED AT ALL TIMES. It is an excellent spiritual technique to help maintain supervision of your physical creativity. You can be grounded when you are sitting, standing, lying down, walking, or engaging in any other type of activity. The more you practice your grounding, the more grounded you will be. You can increase your grounding by sending more energy down the grounding cord. You can use your grounding in daily life as well as in your meditation. Practice your grounding in quiet meditation and you will become proficient enough to take it into your life.

AGAIN, TO EXPERIENCE GROUNDING, be aware of the energy center near the base of your

spine, the first chakra. This chakra contains your information about how to relate to this earthly reality. Chakras are simply energy centers that contain information for you to use and master as spirit.

CREATE AN ENERGY FLOW from this chakra to the center of the Earth. The energy will flow through all physical matter, the chair, the floor, the earth, until it reaches the center of the planet. Allow the grounding cord to be attached at the bottom of your first chakra and at the center of the Earth to enhance flow of energy and stability.

Relax and experience the spiritual connection you have created with this Earth. Notice how your body reacts to being grounded. Take a few deep breaths to focus your attention on you and your body. Each individual will have a unique experience. Allow yourself to be still and listen so you can get to know yourself and your body.

PRACTICE: Use your grounding in your meditation and learn to use it in the rest of your life. Have fun with your grounding.



FIGURE 1: GROUNDING AND FIRST CHAKRA

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GROUNDING

Class Two: Grounding for Energy Release

Grounding has many benefits such as: enhancing spirit and body connection and communication, creating physical safety and stability, and opening spiritual awareness in your body.

Grounding is also a technique for releasing energy from your body and spiritual energy system. Everything is energy, so you can release anything down your grounding cord. Releasing energy is a powerful healing technique. Begin by creating your grounding cord.

ESTABLISH YOUR MEDITATION SPACE by sitting in a comfortable, straight-backed chair. Place your hands separately in your lap and your feet flat on the floor. Take some deep breaths and relax. Close your eyes and focus within.

CREATE YOUR GROUNDING cord from your first chakra, near the base of your spine, to the center of the Earth. Allow the foundation of grounding to help you create a safe space for your body to receive you, the spirit. Say hello to your body with grounding and notice your body's response.

Your body operates differently from the way you, the spirit, create. To help you, the spirit, create through your body, you need to release various energies from your system to allow your spiritual energies to flow into your body. Bodies tend to hold tension because they resist the disturbances you have in your body. This resistance, ie: tension, interferes with your spiritual flow. Your body may even resist you, the spirit, and your high vibration, thus experiencing tension. Your grounding helps your body feel safe and thus not as resistant and tense. You can use your grounding cord to release your body's tension and other disturbances to enhance your meditation.

ESTABLISH YOUR MEDITATION POSITION AND GROUNDING. Tune into one tension in your body. Take a few deep breaths and release the tension down your grounding cord. Allow the tension to be like ice being melted by warm water and let it flow down your grounding cord into the Earth. Tune into another area of tension in your body and release it down your grounding cord. Everything is energy so this energy now stored as tension in your body can flow into the Earth and be transformed to be used in another form. Allow time for your body to release the unwanted energy and to adjust to the change.

You are spirit and your body is your vessel through which you create and communicate. Releasing disturbing energy down your grounding cord creates more space for you, the spirit, in your physical system as well as easier access to your body. Releasing excess emotions, intellectual noise, tension, pain and other disturbing energies allows openness between you and your body. Practice releasing tension down your grounding cord and then allow yourself to release other energies. You will also find it helpful to release effort from your body down your grounding cord when practicing

any spiritual technique since spirit creates without effort.

You, the spirit, are constantly creating thus you need to constantly release. Ground, release, enjoy!

PRACTICE releasing unwanted energy.

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GROUNDING

Class Three: Grounding Facilitates Self-Healing

Grounding is healing! Grounding creates change and change is healing. You are spirit and the grounding you create between your body and the Earth heals your relationship with everything. Your grounding connection with your body and Earth creates stability and focus, both healing vibrations.

Grounding allows you to focus and know what is occurring in your body so you can make desired changes to heal. For example, you may ground and discover tension in your body. You can use your grounding cord to release the tension from your body to heal it. Grounding allows you to release anything interfering with your healing process. Healing is change, and grounding creates a no-effort method of releasing energy to change.

You can ground off any unwanted energy from your body to heal. The first step to self-healing is to know yourself and grounding brings you self-knowledge. Ground and you begin to heal. Continue to ground and you experience revelations to use in self-healing. Use your grounding to release unwanted energies and you heal on a new level. What do you want to change? Grounding will help you accomplish this self-healing by creating stability and focus, and by opening your awareness to the spiritual realm. Ground and you heal!

SIT IN YOUR MEDITATION POSTURE in a straight-backed chair, with your hands and feet separated. Be aware of your first chakra, close to the base of your spine, and create a flow of energy from the bottom of your first chakra to the center of the Earth. Be aware of the change in your body when you ground.

USING YOUR MEDITATION POSTURE and your grounding, tune into some interference to being in your body.

ALLOW THE INTERFERENCE to flow out of your body, down your grounding cord.

BREATHE DEEPLY and allow your body to relax. Allow the interference to flow down your grounding cord to the Earth effortlessly.

USE THE INTERFERENCE leaving your body to enhance your grounding cord and flow into the Earth to be recycled as neutral earth energy.

SIT QUIETLY. ALLOW YOUR GROUNDING CORD TO FLOW from your first chakra to the center of the Earth. Breathe deeply, relax your body and release unwanted energy down your grounding cord. Sit quietly and experience how your grounding is affecting your body. Is your body calmer, quieter, and more focused?

NOTICE HOW GROUNDING is changing you, the spirit, and your body, ie: more communication with your body, focus, increased awareness, and so forth.

FOCUS ON YOUR GROUNDING and allow time to experience its healing flow.

You can ground any time and any place, so grounding can be a constant healing for you, the spirit, and your body.

PRACTICE grounding during your quiet meditation and you will learn to use grounding in your life.

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GROUNDING

Class Four: Grounding Creates Clear Communication

Communication is essential to both spirit and body and grounding enhances communication between the spiritual and physical realms and within the physical and spiritual realities. Grounded communication is a healing for both spirit and body.

You are spirit and your body is your vessel. You need to have clear communication between spirit and body to function effectively and grounding is the cornerstone of your spirit/body connection. When you are not grounded, you, the spirit, are not as aware of your body and physical experience and your body is not as conscious of you, the spirit. When you ground, you are in touch with your physical reality and can be in charge of your body and other physical creations.

Without grounding, you do not know the body's experience and with grounding, you have communication between spirit and body and know what is occurring. When you are grounded, your body feels safe and can respond clearly to internal and external communication. If you are not grounded, your body feels spacey, unfocused, even afraid and this makes it difficult to communicate clearly with self and others.

Grounding helps you, the spirit, communicate with others because it allows your spiritual vibration to flow clearly through your body. Grounding puts you, the spirit, in charge of your communication. If you are not grounded, your body will be in control and will express itself with its emotions. You, the spirit, may wish to express compassion but your body may be sending a message of fear. Grounding allows you, the spirit, to release the body's emotions and express your spiritual message through your body.

SIT IN YOUR MEDITATION POSTURE in a straight-backed chair, hands and feet separate, spine straight. Breathe deeply, close your eyes and turn within. Ground from your first chakra to the center of the Earth. Relax and enjoy being grounded.

BE AWARE you are spirit and not your body. Say hello to your body. Allow your body to say hello to you.

INCREASE YOUR GROUNDING by sending extra energy down your ground cord.

TUNE IN to how your grounding helps you open your communication between you, the spirit, and your body.

USE YOUR GROUNDING to release any interference with your spirit/body communication.

GROUNDING is the spiritual foundation of communication on planet Earth. Grounding creates clear communication with your body, planet Earth and everyone and everything on Earth.

HAVE FUN with your new level of interaction.

PRACTICE grounding in your quiet meditations. When you are comfortable with your grounding, use it in your communication with others.

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GROUNDING

Class Five: Using Grounding to Create

Humans are amazingly creative creatures. Spirit is infinitely creative. When you, the spirit, come into a human body for a lifetime, you have the opportunity for a creative feast. Grounding provides the foundation for you, the spirit, to create consciously in the physical world, so you can enjoy this creative abundance and use it for healing.

Without grounding, you the spirit are not in charge and your body and others are able to create what they want through you. To create what you want in the physical world, you need to ground from your first chakra to the center of the Earth. There are a variety of forms of grounding, but you need to ground from your first chakra to establish your spiritual seniority in the physical world and create your spiritual desires.

If you are not grounded, you feel “spacey”, confused, disoriented and even out of control. With grounding you create focus, stability, clarity and control of your creativity. Create what you want by first creating your grounding cord from your first chakra to the center of the Earth. Grounding is your creative foundation.

PREPARE YOUR BODY for meditation. Sit in a straight-backed chair with your feet separate and flat on the floor and your hands separated in your lap.

BREATH DEEPLY and relax your body. Sit quietly focusing on your breathing for a while.

CREATE YOUR GROUNDING CORD from your first chakra, near the base of your spine, to the center of the Earth. Allow your spiritual energy to flow from your first chakra to the center of the Earth.

BE STILL and be aware that you, the spirit, are creating your grounding cord. Your grounding is a spiritual creation.

RELAX and tune into one creation of yours. Be aware of how this creation is affecting you and your life.

TUNE INTO how your grounding or lack of grounding affects this creation. Increase your grounding flow and observe how this increase in grounding changes your creation.

What you create spiritually eventually manifests physically. Your grounding makes it possible for you to be in charge of your spiritual creativity and thus your physical manifestations. Creating without grounding is disturbing and may even be dangerous and destructive. Creating with grounding helps you be focused, in control and experience joy in your creativity.

PRACTICE grounding when you are meditating and when you are consciously creating physically.



Using Grounding to Create

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GROUNDING

Class Six: Grounding and Daily Life

Your life is a spiritual creation. You, the spirit, have created your body to be your vessel for your spiritual expression. You are creating your physical experiences to learn and grow. Grounding is the foundation for your daily life both physically and spiritually. Grounding creates stability and focus for your body and all of your physical creations. Grounding puts you, the spirit, in charge of these creations, your healing and your life.

Daily life is not a series of random events. Your daily life is your creative dance where you adopt and discard beliefs, experiment with various options, and create in every way possible. Grounding is the most effective spiritual tool for you to use in this creative process of living in a human body.

Spirit creates in a very different way than body and grounding allows these two creative forces to work together. If spirit does not ground from the first chakra, spirit may create outside of the body. This leaves the body on its own to create only with emotions and intellect. Grounding unites spirit and body and allows the spiritual flow of energy and information into the physical consciousness.

Grounding allows daily life to change from disturbance to calm, from “I am afraid and helpless” to “I can see alternatives, I am not alone.” Grounding keeps your daily life in motion and on the track you, the spirit, desire. If you are tired of a daily life of trauma and drama, learn to ground.

PREPARE YOUR BODY for meditation by sitting in a straight-backed chair with your feet separate and flat on the floor and your hands separated in your lap.

BREATHE slowly and deeply with your attention on your breathing.

GROUND from the bottom of your first chakra to the center of the earth.

BE AWARE of your body’s response to being grounded. You, the spirit, are creating your grounding and your body will respond in some way.

BEGIN THE DIALOGUE with your body so you create a daily life of spirit/body balance. Talk with your body and let it talk with you. Learn to know both aspects of yourself – spirit and body by grounding and allowing a communication flow.

YOUR BODY and you, the spirit, both sound like your voice. Any other voice is foreign and you can release it down your grounding cord.

TUNE INTO how you are using grounding in your daily life.

MEDITATE ON how you are not using grounding and how this affects your life. Add grounding and observe the healing change.

PRACTICE GROUNDING in your daily meditations and in your daily life. This powerful spiritual technique can be used 24/7 in every aspect of your life. Some spiritual techniques need to be focused on in quiet meditation, but grounding can be used at all times.

Take charge of your entire life by grounding all of the time.

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Grounding in Daily Life

CENTERING

Class One: The Center of Your Head

The next spiritual technique is centering and the place is “The Center of Your Head,” where your sixth chakra is located. Your clairvoyant information, or clear sight, is located here. You are spirit and you appear in the physical world as a bright spark of light. The center of your head, or sixth chakra, is your spiritual control center when you are in your body.

You, the spirit, can be anywhere. You, the bright spark of light, can be outside of your body or inside of your body. The center of your head is where you need to focus to best use and be in control of your body and physical life experiences. When you are outside of your body you are not as aware of the body, its characteristics, actions and needs. If you are focused in your body below the center of your head you are greatly affected by the body’s emotions, intellect, surrounding influences and other body characteristics. The farther in your body you focus, the more you are controlled by your body’s experiences. The center of your head provides a safe, balanced space for you, the spirit, to be aware of your body without being overwhelmed by its experience.

The center of your head gives you a spiritual perspective of life and a clear view of how to move through the maze of your physical world. Your spiritual technique of grounding is necessary to center in your head comfortably and safely. You are a high vibration and your body is a lower vibration. To bring spirit and body together successfully you need grounding to help raise the vibration of the body and lower the energy of spirit just enough to work together in harmony. Grounding and centering in your head bring spirit and body together to communicate and create consciously.

To Experience Centering in Your Head:

BE SEATED with your hands and feet separated and your eyes closed. Sit in a straight-backed chair to allow your spine to be as straight as possible. Use the meditation posture from Preparing Your Body for Meditation.

GROUND YOURSELF and your body by creating an energy cord from your first chakra, near the base of your spine, to the center of the Earth.

FOCUS YOUR ATTENTION into the center of your head, behind and slightly above the level of your eyes. Allow time to put your attention there. You, the spirit, go where you focus your attention.

TO HELP YOU FOCUS your attention and experience the center of your head, place your index fingers with one finger just above your ear and one on your forehead, between and slightly above your eyes. Where a line would intersect between these two fingers is the center of your head.

BE IN THE CENTER OF YOUR HEAD. Put your arms down in your lap and relax your body so it can adjust to you and your high energy in this space inside your body.

INCREASE YOUR GROUNDING so your body can accept your high spiritual energy safely and comfortably.

BE QUIET and experience being grounded and centered in your head.

RELEASE DISTRACTION, to being quietly centered, down your grounding cord. Simply let the distractions flow out of you and down your grounding cord into the Earth.

MEDITATE using your grounding, centering and release for as long as your body is comfortable.

TO END YOUR MEDITATION bend forward and dangle your arms toward the floor to release energy from your arms, shoulders and head.

SIT UP and enjoy more quiet meditation or return to your daily activities.

PRACTICE centering in your head whenever you meditate.

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CENTERING

Class Two: Your Neutral View

The center of your head is your neutral space where you can clearly see what is, instead of what you wish were true or what others wish you to see. This neutral perspective allows you, the spirit, to be in charge of your creativity in the physical world, for example, being responsible for your body. Being in the center of your head and neutral is like being in the driver's seat of your car instead of in the trunk.

You stay in touch with both your body and yourself, the spirit, when centered in your head and neutral. Your neutrality allows you to be above the emotional noise of your body. Your clairvoyant ability is located in your sixth chakra in the center of your head and gives you a spiritual view of your physical world. You, the spirit, stimulate your sixth chakra when focused in your head.

PREPARE TO MEDITATE. Sit in a straight-backed chair, feet on the floor and hands in your lap. Take a few deep breaths. Refer to previous classes for more detail.

GROUND from your first chakra to the center of the Earth. When you have established your grounding cord from you to the Earth, focus into the center of your head, a little above and behind your eyes.

ALLOW THE BRIGHT LIGHT that is you, the spirit, to focus into the center of your head to illuminate your center of neutrality.

BE STILL to adjust to your high spiritual vibration. Be a little above and behind your eyes where you, the spirit, experience neutrality.

BE AWARE of a personal issue about which you are not neutral and view it while you are focused in the center of your head. Notice any difference in your perspective when centered in your head and grounded.

USE YOUR GROUNDING to release anything keeping you from being in the center of your head and neutral. The body may require time to adjust to your presence and to this new neutral perspective.

BE STILL AND FOCUS on being in neutral where you are not overwhelmed by your body's emotions. Release any excess emotion you wish to diminish down your grounding cord to enhance your neutrality.

MEDITATE ON BEING NEUTRAL. Allow time for your body to adjust to your spiritual presence and your spiritual view of life. When you have finished with your meditation, bend forward

and release energy. Sit up and continue with your activities.

PRACTICE being neutral in the center of your head to activate your clairvoyance during your meditations.

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FIGURE 2: CENTER OF THE HEAD

CENTERING

Class Three: Experiencing Non-Judgement

Through the ages, humans have been taught to judge as a survival technique. Since there is so much programming about judgement, it takes time and focus to clear this physical perspective. Grounding is necessary during this cleansing because so much judgment is based on survival issues.

People judge others for their religion, skin color, gender, location and anything else that appears to make them different and divide them. We also judge ourselves for many things such as body characteristics, physical possessions and so forth.

When you release judgement you free yourself from a prison of lies. This requires neutrality and the willingness to release the judgement programming. You cannot clear judgement with effort or another variety of judgement. You need meditation and the gift of release and forgiveness to experience non-judgement.

Enjoy the process of freeing yourself from judgement.

GROUND and prepare to meditate by sitting in an upright position in a straight-backed chair. Put your feet flat on the floor and your hands separated in your lap.

BREATHE DEEPLY and relax your body. Release any fear down your grounding cord to reassure your body it is safe while you release judgement.

FOCUS your bright light into the center of your head a little above and behind your eyes. Allow your body to adjust to being centered in neutral and grounded.

BE AWARE of one thing you judge about yourself. Use your grounding to release this judgement from your body.

MEDITATE ON releasing this judgement down your grounding cord and notice if your body responds.

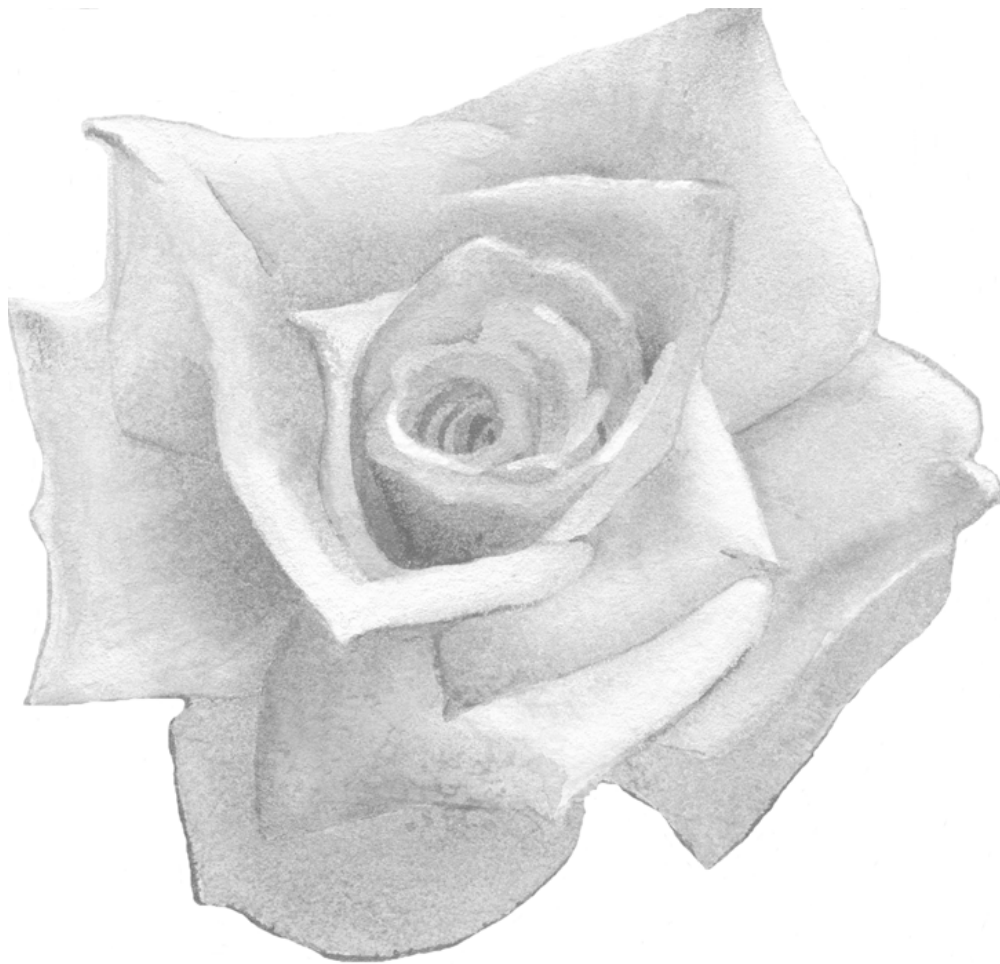
BE AWARE of something or someone you judge outside yourself and use your grounding to release it from your body.

MEDITATE ON releasing the judgement and notice if your body responds.

MEDITATE ON releasing judgement in general each time you ground and center, and you will free yourself to see the world from a neutral perspective.

TO END YOUR MEDITATION bend forward and release energy from your head, shoulders and arms. Sit up and resume your activities.

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CENTERING

Class Four: Spiritual Perspective

A spiritual perspective is a view from your clairvoyant center in the body, the center of your head, or sixth chakra. Everyone is spirit so you have the option to develop your spiritual awareness of yourself, the spirit, your body and your physical world. This view offers you a broader perspective, neutrality, greater awareness, and an entire new opening to your relationship between spirit and body. Your spiritual perspective gives you a new view of your world because you see and know as spirit, above the body pulls.

You develop your spiritual perspective by focusing yourself, the spirit, into the center of your head. When you put your spiritual attention into the center of your head, you stimulate your clairvoyance or clear sight. This spiritual ability allows you to see spiritual phenomena such as auras, pictures, symbols, and more. Your spiritual perspective allows you to see a great deal more than the physical world and helps you consciously create as spirit in the physical world.

PREPARE TO MEDITATE. Review previous lessons to enhance your practice. Sit in a straight-backed chair, feet flat on the floor and your hands separated in your lap. Take calming breaths.

GROUND from your first chakra, near the base of your spine, to the center of the Earth.

FOCUS yourself, the spirit, into the center of your head, above and behind your eyes.

BE STILL and allow your body to adjust to your spiritual presence. You may see a bright light, which is you, the spirit.

SIT QUIETLY being grounded and centered and focus on your perspective from this neutral space.

LOOK AT AN ISSUE about which you are confused or unclear and focus in your sixth chakra. You may look at a relationship and see a broader view including both you and the other person's experience. Maybe you are angry and that makes them afraid, which freezes their behavior and makes you more angry.

ALLOW YOUR NEW SPIRITUAL PERSPECTIVE about this issue. You may see that releasing your anger helps the other person relax and your communication opens.

SPIRITUAL PERSPECTIVE will bring you a new awareness of yourself and your life.

NOTICE ANY NEW INFORMATION from this space with your spiritual perspective. For example, seeing how you affect others as well as how they affect you.

USE YOUR GROUNDING to release unwanted energy from your body since you will begin to see things you do not like. Allow the healing from neutral in the center of your head.

ALLOW YOUR BODY to adjust to your new perspective of life.

PRACTICE being grounded and in the center of your head.

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CENTERING

Class Five: Centering for Growth

We are constantly growing and changing throughout life. We make many choices during our growth. Some decisions are made from neutrality and some are not. Quite often we allow our body to make the choices with emotions and the intellect. When we discover meditation, we see that we can make better, clearer decisions when grounded and centering in our head.

Our bodies communicate with emotions and the intellect and we all know these sources can be influenced by others and misinformation we have created or adopted. When we see ourselves as spirit and operate in the physical world by grounding and centering, we create a neutral non-judgmental perspective.

When we bring our spiritual awareness into the physical consciousness, we have a full view of both spiritual and physical information to help us make our choices more clearly. Our growth becomes smoother, easier and more spiritually focused with this broader view of our life.

SIT IN YOUR MEDITATION POSITION. Review past lessons.

MEDITATE ON GROUNDING and centering in your head to enhance your spirit/body connection.

GROUND from your first chakra to the center of the Earth.

FOCUS YOUR BRIGHT LIGHT in the center of your head to bring your spiritual perspective into your physical reality.

ALLOW YOUR GROUNDING to adjust to you, the energetic spirit, so you can abide comfortably in your body.

BREATHE DEEPLY and relax your body so it will accept you.

BE AWARE of how your grounding and centering affect your body. See the benefits of focus, neutrality and stability, as well as any disturbance the body expresses from these spiritual techniques.

ALLOW any disturbance to flow down your grounding cord to enhance your grounding and reassure your body. Respect your spirit/body differences.

MEDITATE on ways you can use your grounding to enhance your daily life, such as in relationships and at work.

MEDITATE on ways you can use being in the center of your head in your daily life, such as in your workplace and with your family.

PRACTICE making choices for your life using grounding and centering.

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CENTERING

Class 6: Balanced Perspective

Planet Earth is a planet of dichotomies or opposites and we are on Earth to learn about balance, so we have many choices. The greater our balance of spirit and body, the clearer our decisions are in creating our life. For example, if you choose to do exercise for most of your day, you will be strong but may not be healthy if you do not eat properly also. If you are focused totally on your body without any attention or awareness of you, the spirit, you are not balanced; and all of your choices will be made emotionally or intellectually without any spiritual perspective.

To create a balanced perspective, we need to use our spiritual information which includes grounding, centering and many other techniques to allow you, the spirit, to create through your body.

Meditation brings you a balanced perspective by giving you, the spirit, and your body time to communicate. You can begin to see that you are spirit and not everything is physical. Our physical system is only one way to create, while our spiritual reality offers a great deal more opportunity and choice.

SIT IN your meditation position.

FOCUS ON your breathing to help you come into the present.

ESTABLISH YOUR GROUNDING to connect you, the spirit, to your body and the Earth.

ALLOW THE GROUNDING CORD to flow from your first chakra to the center of the Earth. Be aware this is a spiritual creation.

BREATHE DEEPLY and release interference in your body down your grounding cord to allow for you to come into your body.

FOCUS on the center of your head and let your bright light flow from the top of your head into the center of your head.

BE AWARE that you are spirit and are surrounded by your physical body.

MEDITATE on the affect your grounding and centering have on balancing your spirit/body relationship and perspective.

ALLOW your physical focus to balance with your spiritual perspective by releasing excess emotionality and intellectual noise down your grounding cord.

BE CENTERED in your head and allow your bright light to shine into and through your body while remaining centered.

MEDITATE on your grounding and centering as long as comfortable.

BEND FORWARD to release excess energy from your head, shoulders and arms. Then, sit up and resume your day.

PRACTICE enhancing your spirit/body balanced perspective by grounding and centering.



FIGURE 3: GROUNDING AND CENTERING

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PRESENT TIME

Class One: Present Time Focus

Present time is an important focus for meditation if you wish to include your body in the communication.

You are spirit and your body is your physical vessel on planet Earth. You, the spirit, and your physical body are very different. One of the main differences is time. Your body operates completely in time while you, the spirit, are not bound by time and you can operate in other realms such as what we define as past and future.

Time is a great benefit for the body because it offers the body the opportunity to change. Without time, every thought would be a decision made manifest. Spirit needs many lifetimes and intense growth to reach a state of being able to create instantly. We are blessed to have time to grow and develop.

GROUND yourself through your body from your first chakra to the center of the Earth. Always begin your meditation with grounding and centering. (See grounding and centering instructions.)

INCREASE your grounding to assist you to come into your body comfortably.

BRING YOURSELF, the spirit, into the center of your head a little above and behind your eyes.

LET YOUR BRIGHT SPARK of the Divine Force come into the center of your head and shine.

ONCE YOU ARE GROUNDED and focused in the center of your head, tune into yourself being in your body.

BE AWARE OF YOUR BODY surrounding you, the bright spark of spirit.

NOW TUNE INTO YOUR BODY'S RHYTHMS: first, your breathing. Take steady, slow breaths to relax your body and draw you into it to experience its present time reality.

USE YOUR GROUNDING to assist you to come into your body and more fully experience its present time reality.

FOCUS into the center of your head to be neutral about what you encounter in your present time body.

NEXT, LISTEN to your body's heartbeat. Allow your heartbeat to draw you into the present moment. Your body is always in the present so your attention on it will bring you, the spirit, into the

present where your body lives.

BREATHE AND LISTEN to your heartbeat and meditate on this present moment. Allow your body's thoughts to float away or flow down your grounding cord and focus on this moment.

MEDITATE with your focus on your body rhythms to bring you into the present where your body exists. Focus as long as is comfortable.

END YOUR MEDITATION by bending forward and releasing excess energy. Sit up and resume your activities.

You can be in present time in any circumstance simply by putting your attention on your body rhythms of conscious breathing and listening to your heartbeat. Your grounding and centering techniques will also focus you into present time.

PRACTICE focusing in the present in various circumstances.

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PRESENT TIME

Class Two: Benefits of Being in Present Time

There are many benefits from being in present time. The main benefit is enhanced communication with your physical body and other's physical bodies.

You, the spirit, can be in different realms such as past and future while your body can only be in present time. Thus, being in the present connects you with your body where you can clearly communicate with and through it.

When you focus on spirit and body communication, you discover the power of being in present time. By focusing in the present, you can learn the differences between you and your body, how to understand your body and relate to its emotions and intellect.

A review of grounding and center of the head may be helpful to assist your present time focus.

SIT IN A STRAIGHT-BACKED CHAIR in a quiet place, with your feet separate and flat on the floor. Separate your hands in your lap.

GROUND from your first chakra, near the base of your spine, to the center of the Earth.

FOCUS YOUR BRIGHT LIGHT in the center of your head. Allow your grounding and centering to draw you into the present.

BREATHE DEEPLY and listen to your breathing to help you focus on your body. Allow your breathing to bring you into the present with your body.

LISTEN to your heartbeat to bring your attention to the present where your body exists. Meditate on your breathing and heartbeat and let other thoughts float away or flow down your grounding cord.

BE AWARE of other aspects of your physical body: your feet on the floor, back on the chair, your skin all around you.

ACKNOWLEDGE your body as your vessel. Be here with it and realize how much information it provides you: sight, sound, taste, smell and all of the physical experiences it has, as well as emotions and your intellect.

BE IN THE PRESENT by using all of this awareness of your physical body and how to use it: grounding, centering, the breath, heartbeat, and the many sensations of this amazing body.

IF YOU ARE “SPACING OUT” or “out of touch” with your physical reality, ground, center and focus in present time to bring you back in touch with your body.

PRACTICE: Put this all together: ground, center, focus in present time. Like anything you use your body for, it will require time. So, be patient with your body.

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Discover the Benefits of Present Time

PRESENT TIME

Class Three: Know Your Body

All bodies exist in present time. Spirit is not bound by time, so it has to remember or relearn how to relate to time when in the body. Spirit creates instantly. So if we do not respect the time aspect of bodies, we create every thought and emotion expressed by the body instantly. What a mess that would be! A world of babies with big bodies.

When you, the high energy spirit, slow down your energy enough to create through your body you need to allow your body to change and grow more slowly than you, the spirit. Patience is needed when relating to bodies.

Your body is really opposite of you, the spirit. Spirit does not operate in time, space or mass. Spirit does not have emotions or intellect. The body has all of the above characteristics and none of the spiritual abilities. Spirit has to learn to know its body in every lifetime to use it correctly and allow its spiritual abilities such as clairvoyance and knowingness to flow through its body with patience.

SIT IN YOUR MEDITATION POSITION and take deep breaths to relax your body.

GROUND yourself through your body from your first chakra to the center of the Earth.

FOCUS IN the center of your head, above and behind your eyes. Experience your bright spiritual light in your head.

BE AWARE OF your body surrounding you and experience the difference between you and your body.

BE AWARE of you, the spirit, and how bright and high energy you are and how much lower energy your body is.

GROUND and center to assist you and your body to work in harmony and respect your differences. Be patient with your body.

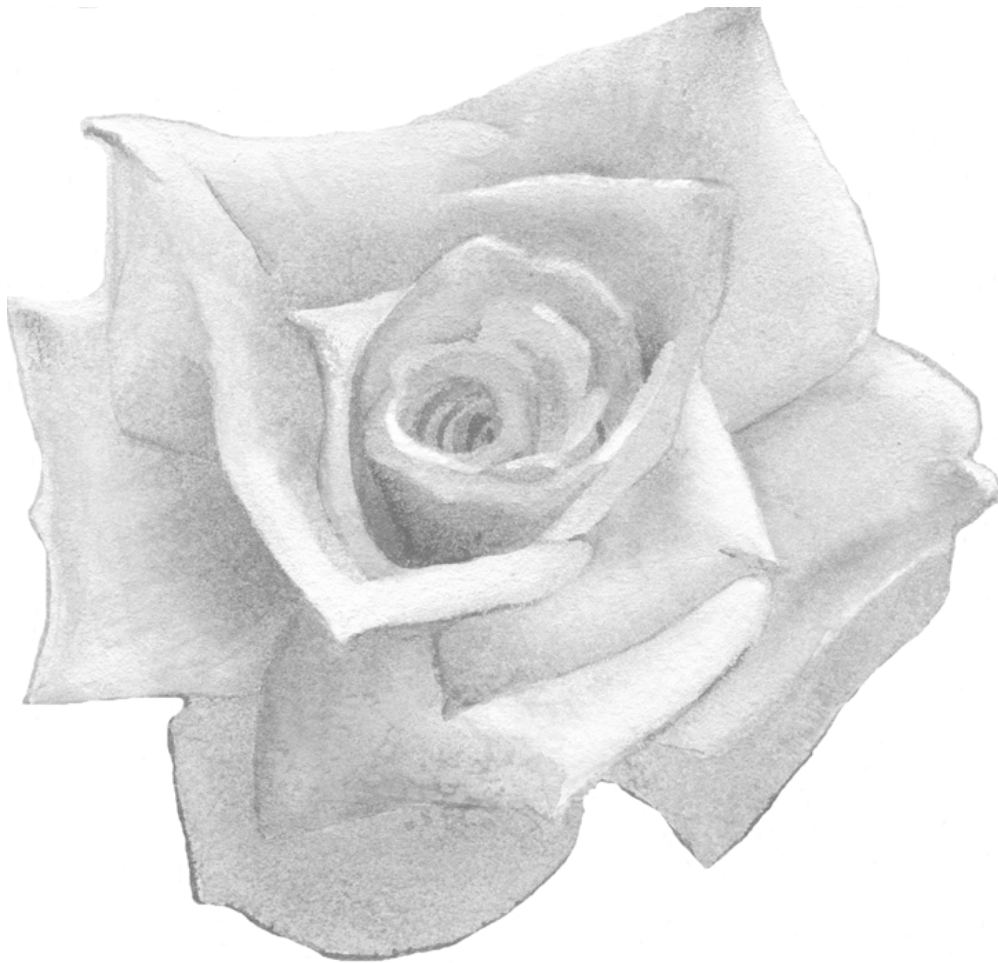
FOCUS IN PRESENT TIME to understand your body and see what you are creating in and through your body.

USE YOUR GROUNDING cord to release any unwanted concepts and energies.

END YOUR MEDITATION by bending forward to release energy from your shoulders, arms and head. Sit up and resume your activities.

PRACTICE recognizing your spirit/body differences.

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PRESENT TIME

Class Four: Continued Lessons on Present Time

Lessons on present time continue in three of our books / eBooks:

- [*Healing: Key to Spiritual Balance*](#)
- [*Chakras: Key to Spiritual Opening*](#)
- [*Earth Energy: The Spiritual Frontier*](#)

The following excerpts are taken from these books to let you preview the information available.

Healing: Key to Spiritual Balance

We need to focus our energies in the present in order to heal ourselves. Our bodies and the physical world around us exist solely in the present.

In this physical reality, time appears as a line with a past, present and future. As spirit, we have to learn to have our attention in present time because this is where the body functions. In spiritual reality there is no time; but when we have a body, we have to relate to the physical reality and learn to deal with this illusion of time.

Since there is no time consciousness for us as spirit, we could easily be drawn into the illusion of past or future. We need to bring our attention back to the present to accomplish our goals in this body. Grounding and running energy can help us clear our bodies so we enjoy being in present time. Body rhythms, such as the heartbeat and breathing, can help draw our attention to the body and the present.

If we are in the past, the body usually feels depressed or apathetic. If we are focused in the future, the body often feels afraid because it cannot be there yet. When we are in present time, the body is comfortable because this is the time in which the body operates. Simply putting our attention in the present can be a healing. Being in the present helps eliminate depression and fear from the body which we have caused by focusing our attention in the past or future.

Here and now, in the present, we have our power and our ability to heal.

Our point of healing power is now, in the present.

TO EXPERIENCE PRESENT TIME, create your grounding cord, focus in the center of your head, take a few deep breaths and relax your body.

FROM THE CENTER OF YOUR HEAD be aware of your body. Feel your heartbeat. Experience your breathing. Feel your skin. Learn to listen to your body's sounds. Use your awareness

of your body to bring your attention into the present moment.

CHECK TO BE SURE you are grounded and in the center of your head.

Chakras: Key to Spiritual Opening

As we get acquainted with the chakras, we discover the need to bring them into the present and to relate to them in present time. The body is always in present time. God is always in present time.

Most people have learned to put their attention into the past or the future to avoid what they are creating in the present. We learn to do this in childhood and continue it through life. If things are painful, frightening, or causing unhappiness, the soul projects its attention into the future or the past to escape the difficult present. Everyone has had the experience of fantasizing or daydreaming. This is a way to project into the future. Reminiscing about the past can be an escape from the present. Either direction takes one away from the power of the present moment. In the present, you can best heal things from the past and plan for the future.

Focusing in the present takes practice as we have all gotten in the habit of escaping into the illusion of future or past. This present time focus can be learned in meditation and in daily life. You can teach yourself to focus in the present moment simply by paying attention to what you are doing.

Earth Energy: The Spiritual Frontier

The Earth and everything on it operate in time and through space. Your body is in present time. The planet Earth is in present time.

Present time is simply here and now, this moment. It is so simple that you may miss the point looking for something more complicated. You can experience it by focusing your attention on whatever you are doing at the moment. Your body is your best avenue into present time.

Continue your growth with the information in these books and eBooks and enjoy your transformation.

Practice the techniques daily so they become part of your life.

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ABOUT THE AUTHOR

Mary Ellen Flora is the author of numerous spiritual works and currently resides, writes and teaches in the Pacific Northwest, USA. She is the founder of CDM Publications, CDM Spiritual Center and co-founder of CDM. Since 1976, she has taught thousands of people how to enrich their lives by using the spiritual techniques presented in her books, classes and audio offerings. Mary Ellen is an advocate of the use of daily meditation and believes that we are all meant to be fully awake and alive, both spiritually and physically.

Books and eBooks by Mary Ellen Flora

The Key Series

Meditation: Key to Spiritual Awakening
Healing: Key to Spiritual Balance
Clairvoyance: Key to Spiritual Perspective
Chakras: Key to Spiritual Opening

The Energy Series

Cosmic Energy: The Creative Power
Earth Energy: The Spiritual Frontier
Male and Female Energies: The Balancing Act
Kundalini Energy: The Flame of Life

Other

Angels Don't Need Wings

Guided Meditations – Audio by Mary Ellen Flora

Meditation: Key to Spiritual Awakening
Healing: Key to Spiritual Balance
Clairvoyance: Key to Spiritual Perspective
Chakras: Key to Spiritual Opening

Books & Audio available on: www.cdmspiritualcenter.org/spiritual-center-store/
Website: www.maryellenflora.com

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