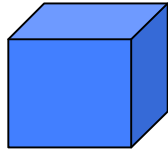
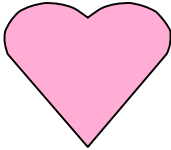


Communicating With Symbols

Symbol Meditation

Visualize one of the following:



Close your eyes, visualize the symbol, reach out and touch it. Move your hand over its outside, and feel its surface, then feel its inside. Put your hands on both its inside and its outside. Hold both at the same time. Turn it over. Turn it around. Make it big. Walk in it or on it. Change its color. Watch to see if it changes shape. How does it feel on the outside? How is it different on the inside? Ask it to show you what it wishes.

Or

Take a word:

God---Love---Peace----Potential---Etc.

(Use a different word for each meditation)

Close your eyes. Visualize the word. Reach your hand out and feel it with your fingers. Take it into your chest. Let it expand within you. Feel what it is all about. Feel what it means to you. Interpret what it means to you.

Don't Think About It Intellectually

Feel It