

Atmosphere

22 September 1988

Before you start class, set the atmosphere. As a teacher, your vibrations should control the atmosphere and mood of the class. Be in charge. Control the group.

What are the elements in your psychic atmosphere? Are there quantities of anger, frustration, despair, or other distortions? If you stop and think you can tell where you are.

Checking yourself a few hours before class is important. We are not yet perfect and so there will be times when the atmosphere around us will not be of the quality we will want to take into a class of students coming to receive help.

You must not feel guilty or deride yourself for being out of tune. Accept yourself as you are and learn to be grateful for all things in your Life. This includes the negative side of your cycle. It takes both the positive and the negative for creation to be possible, for growth to be possible. If you concentrate on the fact that you have dropped in consciousness then you hold yourself to the negative and just get in deeper.

The way out is to be grateful for all experiences and quickly know the Truth and turn from the illusion, whatever form it might be taking. Knowing that God does not condemn you, you should not condemn yourself. It is a waste of time, time you could be spending raising your consciousness, time you could be spending helping others to raise their consciousness, time you could be spending sending God's Love.

If you find yourself at a low ebb before a class, get still and take some deep breaths, seeing the cleansing Light coming in with the in-breath and with the out-breath see the Light dispersed throughout your whole system, cleansing away all dross, all the while asking God to cleanse you of these distortions.

Then know within yourself that cleansing has taken place and accept it, surrounding yourself with God's Love and Light and Peace.

Notes: What are you taking into this relationship? Teaching is a relationship. Be sure your mind is free of distortion.

You must keep an open channel to feed the spiritual soul of the students.

For a negative mood from someone in the class, send Love. This will help you, help you to keep your level high, and also help protect the other students from feeling any negatives.

RED stimulates mood

ORANGE increase the appetite

YELLOW stimulates intellect

GREEN balance, money, abundance

BLUE healing, teacher color

PURPLE love

LAVENDER Spiritual

BOOKS: Inside the Spaceship by George Adamsky



*If you are interested in metaphysical discussions visit Meta-Moments on YouTube



*If you are interested in channelings by Don visit Metatations on YouTube