

**Meditation on the individual (modern language)
with concise introductions**

written by Diana Lampen, based on Rex Ambler's meditation

1. Relax body and mind and let yourself become wholly receptive.
2. In this receptive state of mind, let the real concerns of your life emerge.
3. Now focus on one issue. Don't get involved in this again or its feelings. Keep a little distance, so that you can see it clearly, and let the answer come.
4. Now ask yourself: Why is it like that? Don't try to explain. Just wait in the light and let the answer come.
5. When the answer comes, welcome it. Trust the light. Say 'yes' to it.
6. As soon as you accept what is being revealed to you, you'll begin to feel different. Accepting the truth about yourself is like making peace. Now there is peace.
7. When you feel ready, open your eyes, stretch your limbs and bring the meditation to an end.