



If you have an uncomfortable experience or one you don't understand, take it into contemplation.

Begin by singing *HU* for a few minutes. Then run the experience through your mind. Next, visualize a door that opens into golden sunlight. This is the Light of God.

Now take the uncomfortable experience through the open doorway into golden sunlight. Watch it dissolve in the Light and Sound of God.

You may not feel anything change right away, but trust that the Light and Sound of God are at work. Practice this exercise every day until you feel a shift in your feelings or gain an understanding of the experience. Sometimes it can take a little while before we are able to see the gift or lesson that the experience offers.

This exercise can get you in the habit of looking for a brighter, more creative world.

With the help of the Inner Master, the MAHANTA, you are learning to take charge of your life.

You are becoming the aware Soul, the creator of your own worlds.

—Sri Harold Klemp,  
*The Wonder within You*, pp. 41-42