

## **No. 1 - Meditation on the differences between thoughts, emotions and the body**

This meditation is intended to help you train your ability to distinguish between thoughts, emotions and your physical body.

Your body consists of three types of energy. The astral, the mental and the etheric. The astral energy is your emotional energies. The mental energy is your thoughts and the etheric energy is your physical body's energy.

To benefit the most from our (coming) meditations and Lone's books, it is necessary that you train your basic abilities to distinguish between these three types of energy.

Sit upright on a chair and make sure you won't be disturbed. You can also lie down. Drink a little water before as well as after the meditation. When you have completed the meditation, try bringing the achieved state into your life. Today as well and in the future. Try to be increasingly aware of the three types of energy and do so by asking yourself every day: What do I feel, what am I thinking and how does my physical body feel. Do so based on the guidance you will receive in this meditation.

When you - through a longer period of time - have become increasingly aware of your emotions, what you think and what you feel in your body, you can embark on delving deeper down into the individual energies. This is what the coming meditations are about.

The core element of these meditations is the role which the astral/emotional energy plays in relation to the mental/thought-related and etheric/bodily energies. Most people are aware of the difference between a pain in the body and a thought inside the head. But they find it increasingly difficult to pinpoint where their emotions are located.

As you can learn from reading Lone's books, we all have our emotions for a reason. Our emotions are our best helpers and are at our disposal all the time. They exist as astral energy and they flow in our entire body and in an area outside our body too. If we at some time earlier in life haven't 'completed' feeling an emotion, it may have become trapped in our body as an emotional trapped state. By working with your emotional energies using the guidance in this and the coming three meditations you can release old trapped emotional energies and make them flow free again. This will improve the general state of the energies in your body, and will affect not only the state of your physical body but also your thoughts. In fact, your thoughts are very often triggered by your emotions.

When strong emotions are activated, our brain and therefore our thoughts immediately start to help us. Strong emotions are painful and instinctively our brain attempts to remedy this pain by starting to analyse the situation. It attempts to find solutions or ways to avoid the pain. Having this ability is very important to us. But when we have old trapped emotional energies in our body, the thoughts of the brain often get in the way. What we then have to do is to try and get around them, to enter the emotional energies and work with these.

In this and the coming three meditations, you will be guided through learning about your energies first and then through working with the astral energies.