

“Progressive Meditation – The METTA Fusion Process” ®™

Classes forming, on-line, in 2014

check out after 01/01/14 at http://casademetta.org/?page_id=140

- (1) FOCUS and "CONNECT" with our spiritual creator;
Universal Intelligence is available to you....learn how to connect**
- (2) Set or have a "GOAL" in mind.
Learn how to set your goals**
- (3) "VISUALIZE" this goal completed: feel it, believe, and see it in your heart;**
- (4) Speak and think only "POSITIVE statements" of self and of everyone whom we think of, ALWAYS.
Positive Self talk**
- (5) The "INTENTION", has to be a WIN-WIN-WIN result.**
- (6) The "MANIFESTATION" is guaranteed if you meditate with the sounds of creation.**

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Progressive Meditation and the Metta Fusion Process were developed by Ron Mohl, Sr. using his meditation experiences and observing responses from those in his classes.

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