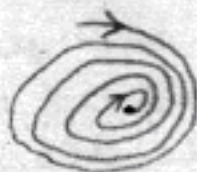


about Concentration.

Concentration I hold is 'con-centric meditation' on any object
Two ways are possible (1) is by starting at the circumference of an
imaginary (real) circle round an object -
when one moves from that circumference to the centre
by moving in con-centric circles



This can also be done by shooting towards centre.

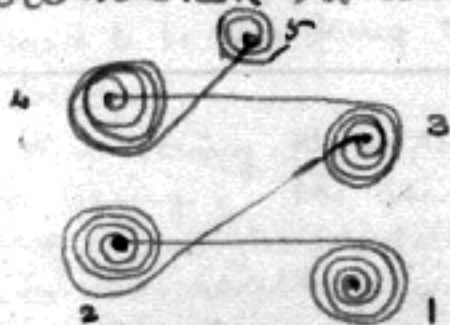
Centrifugal: to fly from centre; causing something revolving round a centre
to fly off its curved path.
Centripetal: Tending towards the centre. To fly to the centre from the
circumference in which it is revolving.

This is concentric movements tending to the centre.
The opposite anti-clockwise movement is to move from the
centre to the outside of an inverse movement



when a stone is thrown in
a pond - the point where the
stone falls he comes a centre
from which concentric circles
take rise and become vaster and
wider concentric circles.

In moving or travelling from a point to another, the
anti-clockwise movement from centre to circumference
is done in Transmission so that the centre begins so
to expand, and can be released or diverted to the next
point. This is the counter-movement to that which
tends towards the contraction towards the centre or point.



Master! I do not know whether this procedure is correct.
But as Thou art with me, in me, by me, watching everything
I am doing and correcting everything, I submit this to Thee.