

Template for Meditation on Selected Vehicles of the Subtle Realm

Vehicle You Are Contemplating	
What is your name?	
What do you do? What is your function?	
How do you interface with the activity of my personality?	
What does the world look like from your perspective?	
What do you perceive is going on in the world that surrounds my personality?	
What is important to you? What do you care about?	
Is there any guidance that you wish to impart to me?	
How does my Soul or Higher Self express through you?	