No. 16 Stu’s SS excerpt

Close your eyes and imagine yourself at a beach of your own choosing (or some other place the thought of which gives you good feelings), doing exactly what gives you the most pleasure. Stay there long enough in your imagination to experience the feelings of relaxation and peace of mind. Get in touch with the accompanying body sensations. If you can do this to any degree, then 11 you have experienced to that degree the Serenity Space 11 • That's all there is to it.

It has been discovered that in the Serenity Space (or whatever you might want to call it) we all have the natural ability to tap into the collective common-sense wisdom of the universe and act, respond and communicate in a loving, responsible, flowing manner with what is going on in our world.

It may come as a surprise to you but our state of mind in the Serenity Space is our natural state-our birthright-the state in which we truly experience who we are.

The predominant types of emotions you will experience in the Serenity Space are those of happiness, joy, peace of mind, serenity, kindliness, tolerance, good

1 will, anticipation of good, interest in what's going on, etc. Again, make it a point to notice the body "tone" or sense of well-being that accompanies these emotions.

What you will begin to experience in learning to operate from this center is an ability to flow with the world around you as a participant in life in a responsible, synchronous manner.