

# W E L C O M E

Thank you for your interest. You are an important link in this global community of servers who are committed to daily meditation, study and practice as a service to the world.

*The Group for Creative Meditation (GCM)* is a coalition of individuals around the world who seek to build a better world through the process of focused meditation. We understand that a new world is created through positive inner work: translated and anchored in our daily activities and relationships. Our meditation work is centered on developing a living alignment with the spiritual laws and principles of Right Human Relations, Goodwill, Group Endeavor, Unanimity, Spiritual Approach and Essential Divinity.

*The GCM Introductory Course* was originally offered as a three-year program under the title, *Meditation Group for the New Age (MGNA)*. Course booklets on the *Laws and Principles of the Kingdom of Souls* were shipped out to participants at regular intervals. They were designed to be studied in order, devoting six months of study to the first three sets of Year One, and so on. In this way, participants completed the study of six booklets in the first year.

We are now offering the GCM Introductory course materials as PDF files that you may print for your personal use. This means that instead of receiving materials in the mail over the course of several years, you have access to everything at once. You may elect to follow the original study time of three years or discover a different pace and rhythm to fully utilize these resources.

We recommend that you meditate on and study each booklet and allow sufficient time for the insights to be experienced and anchored through daily application before moving on to the next. This Introductory course is a rich resource and should not be consumed at one sitting!

*"Energy follows thought"* and so through participation in the work of the Group for Creative Meditation, we can harnesses and utilize powerful inner resources as a force for positive change and good in the world.

Blessings and Joy,

The Board of Directors and Staff at Meditation Mount