

## Christ Explains How to Meditate

When you meditate, take up the position which is most comfortable for you. You, do not have to go into physical contortions. Just rest and relax. Tell yourself to relax and release all the tension from your limbs, including your head, neck, face, - into a state of Utter Limpness.

I must impress on you, that meditation should be eventually, as simple as slipping into slumber. The purpose of meditation, is to enable, your entire consciousness, to move beyond the boundaries of intellect and reason.

There are teachers, who will tell you to Imagine, whatever you are told to Imagine. Rest assured, you are not being assisted to go anywhere, except into new imaginative realms of your own thought processes.

What this method of meditating will achieve for you, will be relief from the thoughts and stress that your ego pressures are creating for you. In the world of imagination the ego may or may not be dormant. Before commencing meditation. Prepare by fully realizing you are about to make contact with divine consciousness, both within and transcendent to your consciousness.

Therefore, (consciousness) it is also out there and around you. Visualize exactly what this means.

Remember, at all times, that what you think about, is what you are tuning into! Your thoughts, are search-lights making contact with what you seek!

Remember, that Every Thought, has Its Own Frequency Of Vibrations, In Consciousness! Believe/Know this, for this is true!

The, More Spiritual the thought, the Higher The Frequencies Of Vibration Consciousness.

Forms Embodied by words are not visible but are specific entities of being they have the life of consciousness within them, they are magnetized - like consciousness forms, like is drawn to like.

Think dog and visualize what you mean and your thoughts are attuned to the dog species.

**Think**, Universal Consciousness or Divine Life, with understanding of what you mean and your thoughts will be directed into Universal Consciousness divine life.

If you have fully understood, all that I am trying to tell you, you will know that your meditation reaches its target.

Know this and you will find your faith strengthening.

Your faith remains weak because you Only Hope or Wish or Magnetically want to, tune into life consciousness, because you Hope you will derive some benefit from the exercise.

Do you not see how earthy, is such an approach to that which gave you being?

Is IT Reverent, does it befit a person who is seeking true contact and expects to do so.

While infinite universal consciousness? It is not the mythical God on high as depicted in the Old Testament. Universal Consciousness is the infinitely powerful reality, everywhere present, manifesting its own designing intelligent evolutionary, loving, caring for all that it has brought into being.

This, is what you must realize, you will eventually approach, while you are still on earth when you reach the highest dimensions, after your magnetic emotions have been dissolved ,not only from your mind, but also your subconscious and solar plexus.

First of all, you will be getting in touch with “father mother/divine life” which is ever active, within your entire system and the universe.

Remember, it is in equilibrium (a state of rest or balance due to the equal action of opposing forces). within the infinite Universal dimension and active within the world. “Father Activity”, sets the goals! “Mother Love”, directs the ways!

The plans will be developed, to promote the highest good of that which is being adapted or healed or protected.

Countless people will say that these statements above are all imagination they can scoff as they will those who managed to make contact with “Father /Father Life Consciousness”. Another name for, “Divine Life Consciousness” but denoting its double qualities will verify that the foregoing is an accurate description of “Spiritual Evolution”, which follows such contact.

To return to your meditation. First of all, before attempting to enter your meditative state memorize the following prayer, so that the words become your own.

When you have become perfectly relaxed. Start your meditation, with this prayer, say it slowly and visualize the meaning of each word, to enable you to enter into the consciousness of the word and enable the energy consciousness of the word to enter into your deepest self.

As you say this prayer, your eyes should be closed and your gaze lifted towards your Forehead.

#### PRAYER

Father/Mother Life, You Are My Life, My Constant Support, My Health, My Protection, My Perfect Fulfillment, of Every Need and My Highest Inspiration.

I Ask "YOU", to reveal the true reality of yourself to me. I know it is your will that I shall be Fully Illumined. That I better receive awareness of your presence within and around me.

I Believe and Know, that this is Possible. I Believe that "YOU" Protect and Maintain me, "Within Perfect Love". I know that my eventual purpose is to Express You.

As I speak to you, I know that you are Perfectly Receptive of me, for You Are "Universal Loving Intelligence", which has so marvelously designed this world and brought it into visible form.

I know, that as I ask you to speak to me, I am sending out a "Consciousness Search Light" into your "Livine Consciousness" and as I listen, you will be Penetrating My Human Consciousness and Coming Ever Closer, to my Increasingly Receptive Mind and Heart.

I Commit Myself and My Life, Into Your Care.

At the end of your meditation always give glad and grateful thanks

#### END OF PRAYER

Each time you say and visualize this prayer, You Create, A Spiritual Consciousness Form which will become stronger and ever more elevated in frequencies of vibration, as the true meaning of the prayer deepens in your mind and heart and your perceptions heightened.

After the prayer, relax have a deeper and let your mind go as blank as you can.

If thoughts intrude. Gently recite "Livine Life or Father/Mother life", to yourself and again quiet your mind.

After many months of sincere meditation. You may come to feel, that your body is suddenly jerking like a person entering sleep and then suddenly waking up. If this happens be thankful as your consciousness is penetrating the barriers of your previously created consciousness forces, encapsulating your soul.

When you feel yourself entering a different state of consciousness, so deep you're barely breathing. Know that you are beginning to attain your goal.

At the end of your meditation always give glad and grateful thanks