

Meditation

We will discuss meditation, and the importance of this to build your power to hold the connection with spirit. Meditation allows the unfoldment of this divine connection to God, the Ascended Masters and angels, and your spiritual guides, which is good and omnipresent. As we spend time in meditation, we become more aware of God during our daily lives. There are many words to describe God, and these terms are used interchangeably. You may have heard God referred to as Spirit, Higher Power, Jesus, Mother Earth, Infinite Creative Intelligence, the Quantum Field, etc. Mostly, we think of God in terms of a presence that is pure love, peace, and provides guidance. We are all trying to learn our own spiritual truth, and we ponder the text of the Bible and other ancient manuscripts from all religions to learn about God. We learn about the essence of God through our superconscious, not through our analytical brain. When we calm the mind through the connection of our breath in meditation, we start to connect with God, which is all around us. Love is the vibration we utilize to connect, and start seeing, feeling, sensing, and knowing our path.

Spirit communicates when the mind is neutral. When the mind is open, thoughts, words, or pictures are almost dropped into our imagination. We know when it is spirit, because the mind is not reaching for anything—it just appears, or it is almost like it was “dropped into mind.” It happens quickly, as spirit is at a much higher vibration and the thoughts can come quickly. They show us pictures and associations and speak in symbols, along with giving us a visual image of something literal. We can also hear words; the words are very few, but very profound. We must train ourselves to grab on to this information, no matter how subtly it comes into the mind. These are subtle flashes in your mind are from spirit, and we train the mind to grab it and hold on to it, no matter how subtle or how fast the information is delivered. We must be able to trust and allow. The communication becomes easier when we get ourselves out of the way. Our communication pathway is built through the regular practice of meditation. Spending time in meditation is very important, as this builds the power and energy to connect and hold the link with spirit practice meditation daily. Meditation raises your vibration and is the power that helps you connect with spirit. It is vital for spirit connection.

Becoming quiet in a busy world is difficult in the beginning. Everyone says, “I can’t quiet my mind, as I have all these thoughts running through my mind.” When you master this, you will grow to love meditation, as it is very intoxicating. When you recognize that you can achieve the feeling of the purest love in meditation, you want more of it. Therefore, you become devoted to the practice, versus looking at it as something you must do. Living from your heart and your authentic self becomes easier and is enhanced by meditation. One of the difficulties that many people have in considering meditation is that they think it is one more thing that they have to do in their lives. However, meditation is not an effort in non-doing. Connecting with God is to spend each day in that place inside ourselves in which there is deep love and peace. It is the most necessary component of our spirit work. My aunt would refer to this as attuning yourself to the highest vibration. What she meant was connecting with the infinite. This connection raises the vibration to facilitate spirit communication. When doing spirit work, you must hold the connection to spirit. The only way you learn this is by daily meditation and raising your vibration. Meditation provides the “energy” to hold the connection with spirit, so they can give us messages.

Meditation is about letting go and allowing. It’s about breathing and relaxing the body; as you notice and release tension in the body, you let it go by breathing through it. You start to feel your soul in your body, the operative word being “feeling.” When people first start out, I have them imagine someone or something, like a dog or a cat, something that they unconditionally love, with their eyes closed. Then I ask them to feel this love in their heart. Then send this love out into the room and then start to feel the love all around you. Start to commune with this love vibration all around you. Now send that love upward out of your head and connect. Once you get the hang of the feeling of the love, you can then start by feeling that love and sending it upward, and then drop into your heart and send it out into the room. But when we first start, it must be the reverse. The reason for this is for you to feel the love. When we first start to meditate, we need to feel the love, get out of our left brain, and stop thinking. We need to feel the flow of the energy and feel the vibration of love and get comfortable with this feeling.

Meditation helps you to develop a connection with God, your higher self, and your intuitive mind, where all answers exist, and which is a place waiting for you to discover it. It is a place of limitlessness, if we

just drop our ego and imperfect thoughts and vain opinions. We relax, breathe, and wait to experience the vastness of this place of love. Please consider establishing a regular practice. After about twenty-one days, it will become part of your daily routine, and you will never want to miss a day.

Practicing meditation in this way is like the fundamentals, the ABCs of Spirit Communication, as you are the interpreter or translator. To interpret the information spirit is giving you, you must be able to feel it, see it, hear it, and sense it, and be able to describe it to your recipient.

At first, you may choose to try guided meditations, binaural beats, or soft classical music. You can follow the Far Eastern tradition of focusing on breathing or something similar. Moving into working with frequency and vibration will ultimately help you develop your spiritual connection.

As long as let go of your mundane life thoughts, your ego, your identity, and all that defines you, and go within to realize you are spirit and you commune with spirit, your gifts will start to unfold. Keep your awareness on nothing other than love, and just relax. People have reported seeing white light, colors, and nothing. This is all normal. Notice if there are pictures dropped into your mind. Take time to sense and feel all that is around you.

One added benefit to a regular meditation is that you won't need "things," or need energy from outside yourself, and you will stop asking for advice or looking for the physical world to fulfill your needs. They have already been fulfilled. You will feel the wholeness and not require validation from others, as you will have this from spirit.

When you meditate for an extended period, as you lengthen your time in your sessions, you will start to notice that you have been operating from your ego for most of your life. You will have a newfound sense of freedom with a regular practice of meditation.

Your ego has provided the illusion that tricks you into believing that all your desires and attainment of things will bring happiness, when in fact, these desires are really creating stress and suffering. To know your ego in this way, and to connect with your authentic self, you can totally change who you are and your interactions with yourself, with others, and how you respond to the world.