

# July



## The Power of Meditation

by Michele Blood

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Practicing Meditation forms a most important part of our work in our life of becoming Successful, filled with Joy and Peace of Mind. The reason we say practicing is because Eternity meditates us ... we call it practicing meditation until we have the real experience of total Divine Oneness.

If we desire to truly move ahead and have wealth and health flowing, we must tap into that which sustains all life. If we wish to truly connect with our higher self and not get into thinking it is our own mind that is creating or attracting what we want, then this article on meditation will assist you to delve into your true purpose in life, which is FREEDOM, your Enlightenment. This will teach those who have never meditated before and will remind those who do practice meditation of its' awesome power. When we practice meditation, we are consciously connecting, in the silence to our Higher Power.

Although there are many ways taught to achieve silence through meditation practice, here I will share with you some ideas that will meet your needs very nicely indeed.

Create your own space where you will meditate. Clean this area completely, as this will release old energies. Buy a brand-new mat on which to sit. Light a beautiful candle, you can use the candle flame to focus your attention. A candle *does* bring in good energy as does traditional incense. A flower or some kind of lush green plant is also recommended. If you do not live alone, ask your roommate or partner to please respect that this is your special place. Of course, to actually sit outdoors on the earth is always clean and wonderful however always designate a special place in your home to meditate alone.

Do not meditate in bed as you will add too much energy to your bed and may find it difficult to sleep because meditation gives us more energy. Meditation is not meant to make you sleepy; it is a focused practice. Visualization exercises, are OK to do in bed as you can then flow into a positive sleep, filled with pictures that you can take into your dream time however mediation practice is a different practice to visualization. With visualization we have thoughts with mediation we are releasing thoughts experience Divine Silence.

Once you have your meditation space prepared and cleaned sit down on your mat -lotus style if you can- sit up straight, arms out to your sides and breathe in through your nose deeply, hold it and then exhale slowly through your mouth. Keep doing this until you feel peaceful. As you are now sitting quietly place your attention centered somewhere between the eyes and a little above, and take some word that is powerful to you, you will know it when you try some out. LOVE, BLISS, GOD, SPIRIT, BEAUTY and ponder the word you choose. Some of my mantra's are, *As a wave is one with the ocean I am One with God, As a ray of sun is one with the sun I am one with God, I Love God, or God's Grace is flowing through me, I am now a clear instrument for God's Grace*, or AUM or OM, or my favorite OM MANI PADME HUM. Use only one power word if that suits you better. You do not have to be religious to do this. This is about focus and connection and meditation practice will strengthen your mind. Replace the word God with Love if this feels more comfortable to you.

As you are sitting and focused on your power word, Love, Heart etc., your thoughts *will* wander off, when this happens gently refocus your mind back to the same mantra or word. Feel no impatience with yourself or frustration. No matter how many times your mind wanders, bring it back to that one word.

If you do this simple method, eventually, you will find that outside, intruding thoughts will cease, and you will be able to sit quietly in a peaceful state. It may take days, or it may take months to acquire this steadiness of mind, but it will come if you have patience and are consistent.

At first do not attempt to remain quiet for more than five minutes or so unless we feel like it. After a couple of weeks meditate for ten minutes and so on until we can sit comfortably for much longer periods. We are doing this to have a conscious realization of our unity with Spirit or to contact God. We are not attempting to see “light” or to have “experiences”. If they do come just refocus the mind, as if we become too fascinated with these “experiences” we could lose sight of the original intention and make way too much of them. Keep it simply. KISS - “Keep It Simple and Spiritual” and remember to smile as we wish to bring a happy vibration to our meditation time. I call smiling my *Happy Meditation*.

After we have had a few minutes of meditation and have achieved that feeling of peace, joy and unity with the Universe give thanks get up and go about our day. It is recommended that we do this three or four times a day. First thing in the morning, at lunchtime (noon is best) and then at night (best when sun is setting a powerful time to connect with God’s presence) and then at midnight or just before we are to go to bed.

When we first begin this practice, perhaps just meditate for five minutes three times a day, or for some, perhaps just having the intention to connect with your soul for two - three minutes say four or five times a day will help. This will be a great start. Why? Ultimately, meditating three or four times a day even if for just a few minutes each time will bring us to a place where we will be focused and unified with the Divine Presence all day, whether asleep or awake. Consistency is the key. Before you know it, you will be sitting there for hours in Divine Union.

Even if you are agnostic, look at meditation as physicians do. It has been documented that people who meditate regularly have low blood pressure and generally are healthier, happier human beings. So, do it even if the word God is not your thing. Put a smile on your face as you sit down to meditate as this DOES help your mind find peace. Do whatever you can to put yourself into a happy mindset before you sit down.

As mentioned, this chapter is a simple way of learning to practice meditation. Before we truly experience real silence, we are all only practicing meditation. But every time we do this, we DO raise our consciousness, even if we do not realize it. In time, we will feel better and clearer and definitely less clogged or stressed. It is NOT

to be taken in an overly serious tone, focused yes, but not so serious. Oscar Wilde said, *“Life is too serious to be taken seriously,”* so LIGHTEN UP! Focus your attention and feel happiness and gratitude. This way it is a simple and easy way to begin to practice, but do not underestimate its power. And if you do not at first FEEL any connection or peace of mind that is OK. Just having the intention to consciously connect and feel the presence of God will eventually create in you peace, joy and everything good will begin flowing your way.

WHY?

Because at least for a few minutes a day you have chosen to get out of the way and let God in. As you delve into longer meditations and find a way that suits you best - and there are many ways to learn meditation - your life and physical wellbeing WILL radically change for the better. Oh yes, it will.

If you are interested in delving more into consciousness and meditation, please watch a free video on Meditation go to:

<https://www.MysticalSuccessClub.com/PracticeOfMeditationVideo>

If you are having a challenge with your meditation practice, do not give up, allow these loving and all wise words by the great soul Paramahansa Yogananda to assist you, *“Your trouble with meditation is that you don’t persevere long enough to get results. That is why you never know the power of a focused mind. If you let muddy water stand still for a long time, the mud will settle at the bottom and the water will become clear. In meditation, when the mud of your restless thoughts begins to settle, the power of God begins to reflect in the clear waters of your consciousness. You will become a smile millionaire.”*

In Love and Oneness

~Michele

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