

Meditation

- Meditation and Mindfulness
- Big business people paying thousands for seminars that promise to help them destress and find happiness, success and prosperity in their daily lives
- God promises us all those things and more in a love relationship

Meditation

- Joshua 1:8 This book of the law shall not depart from your mouth, but you shall **meditate** on it day and night, so that you may be careful to do according to all that is written in it; for then **you will make your way prosperous, and then you will have success.**

Meditation

- Meditation - Focus one's mind for a period of time, for religious or spiritual purposes or as a method of relaxation.
- Contemplation, thought, thinking, musing, pondering, consideration, reflection, prayer, rumination, cogitation, brooding, mulling over,

Meditation

- Mindfulness - a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Meditation

- Mindfulness and meditation can daily help us focus to focus our thinking, emotions and physical bodies to be at a state of rest
- A state of rest helps our souls to be restored and healed so we can be become whole body, soul and spirit

Meditation

- 1 Thes 5:23 Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame in the presence of our Lord Jesus Christ.

Meditation

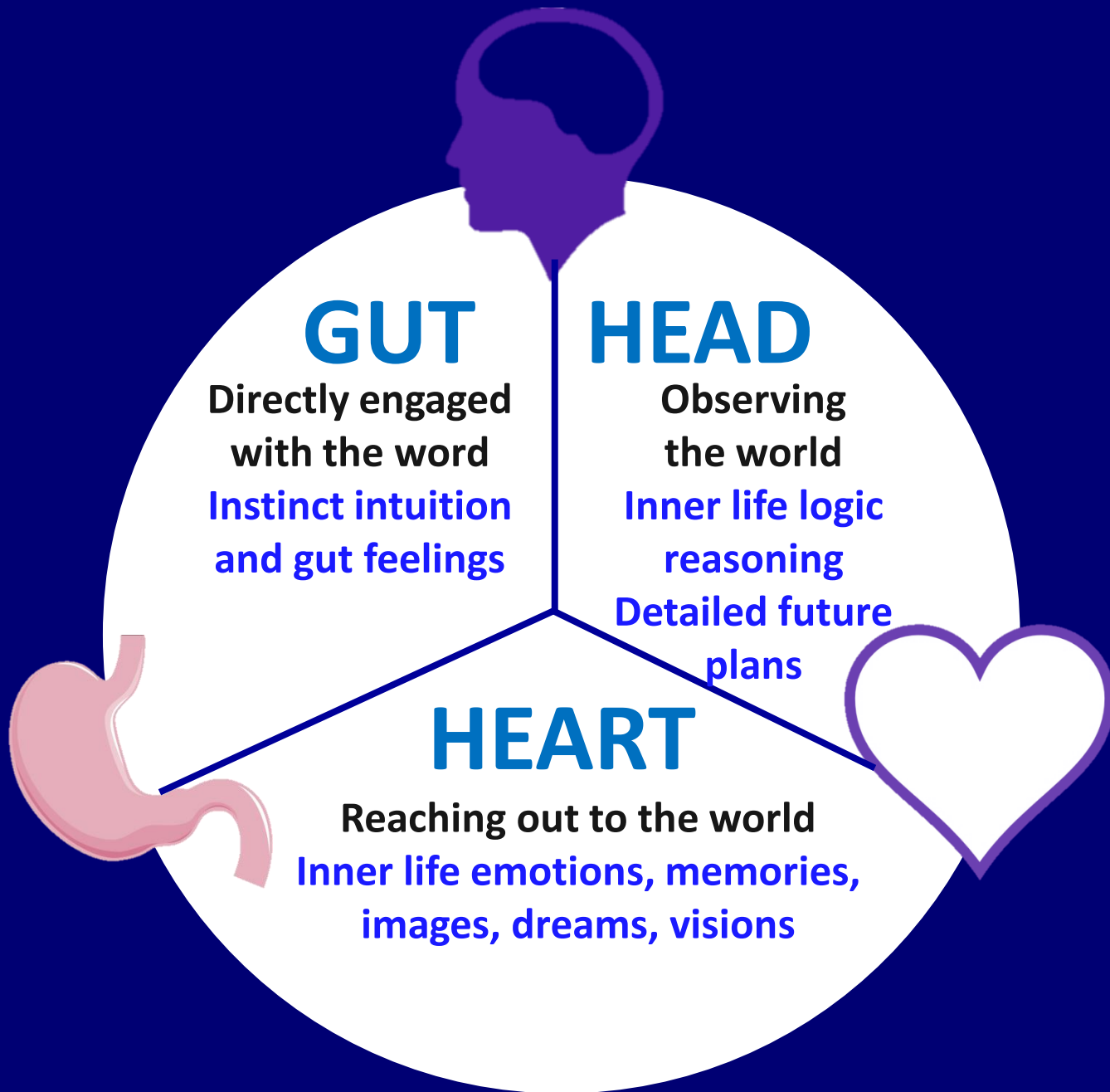
- 1 Thes 5:23 discover how the God .. has restored the detailed default settings. You were re-booted to fully participate in the life of your design, in your spirit, soul and body in blameless innocence in the immediate presence of our Lord Jesus Christ.

Meditation

- Mindfulness and meditation can also help us access different states and levels of consciousness
- Developing creative and intuitive thinking
- Creating a positive reality around us
- Destressing from life by living life from a state of rest

Meditation

- Do you know you have three brains?
- Your HEAD brain, your HEART brain, and your GUT brain.
- The head brain analyses information and applies logic.
- The heart brain senses the world through emotion and feelings.
- The gut brain helps us learn self-preservation by teaching us to follow our instinct – the “gut feelings” we all experience at times



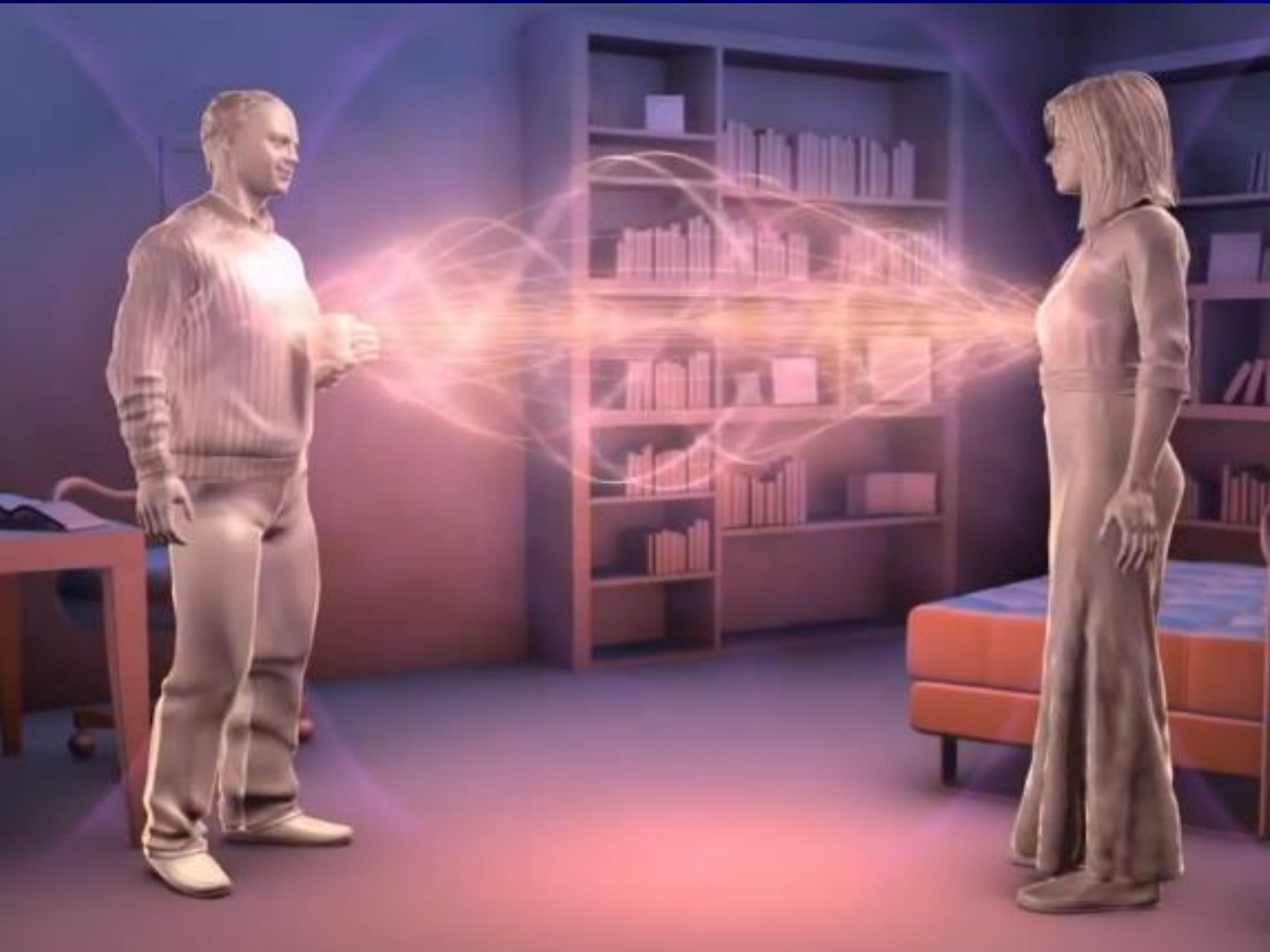
Meditation

- All three brains have massive networks of neurons and very distinct roles.
- This explains the clash between what we think and what we feel.
- Only by understanding and unifying the three brains can we arrive at a point where we make better decisions by choosing better realities

Meditation

- Coherent Heart “Coherence is the state when the heart, mind and emotions are in alignment and cooperation,” AT REST
- Incoherent Heart is the opposite where heart, mind and emotions are in disharmony – WORRY, ANXIETY, FEAR





Meditation

- As sons of God rest is our inheritance
- The mind has the potential of creative thought to shape reality so that creation can become free from its bondage to decay into the freedom of love's light expressed in God's sons who have arisen to take their places in heavenly kingdom government

Meditation

- The minds of those disconnected by lost identity and religion can only perpetuate the limited possibilities of the natural mind
- Only those whose minds are connected to the divine have ever brought real change because their consciousness's danced with eternal possibilities.

Meditation

- The natural mind however deep it goes can draw from nothing more than soulish creative possibilities.
- It is and always will be limited.
- We are inherently selfish and centred without an outward focus and purpose – true love is otherly

Meditation

- Prov 23:7 As a man thinks in his heart so is he
- The constructs, belief systems, world views within our minds and consciousness frame our world
- We are limited by how we think about ourselves and the world
- Do we think impossible or possible?

Meditation

- We all see ourselves the world through the lens of our own understanding
- That distorted view is false expectations appearing real – FEAR
- We need to connect to an external objective view
- That would be the God who made us

Meditation

- Psa 139:1 O Lord, You have searched me and known me. 3 And are intimately acquainted with all my ways. 17 How precious also are Your thoughts to me, O God!
- How vast is the sum of them!
- To be at rest we need an objective view to align with that is God's view

Meditation

- Meditation helps us to be at rest being mindful able to connect our consciousness to a deeper and higher level of reality
- Meditation raises our awareness and our consciousness levels to enable us to be at rest

Meditation

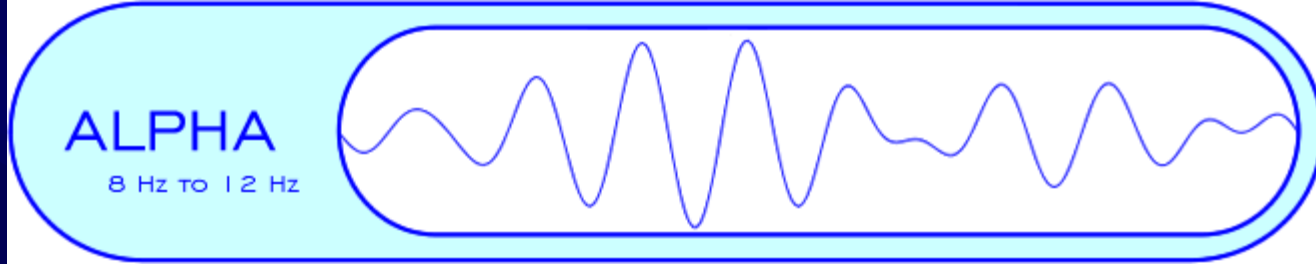
- Our mind functions at different wavelengths and engages different levels or states of consciousness
- Beta waves – normal awake state problem solving mode
- Alpha waves – slower accessing intuition and creativity within
- Theta waves – spiritual access beyond the soul to our spirit and God's mind

Meditation

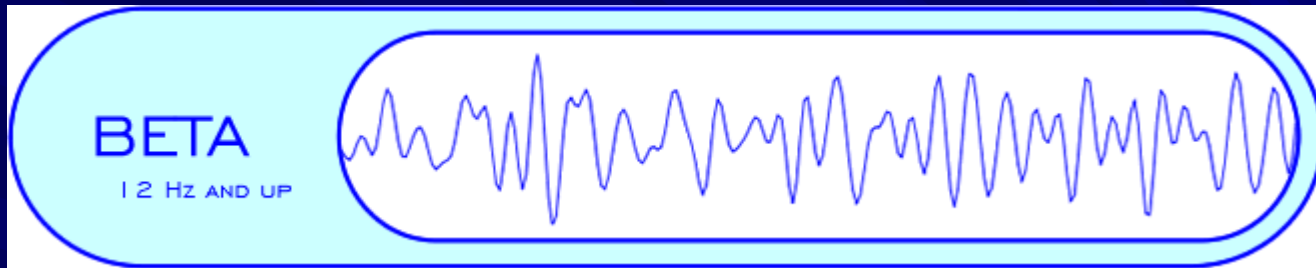
- Delta waves – deep sleep state with being at rest and peace with no dreams
- The monostatic brain accesses only one state of consciousness at a time
- We need to learn to tune into each state concurrently and have a life of increased capacity and capabilities

Meditation

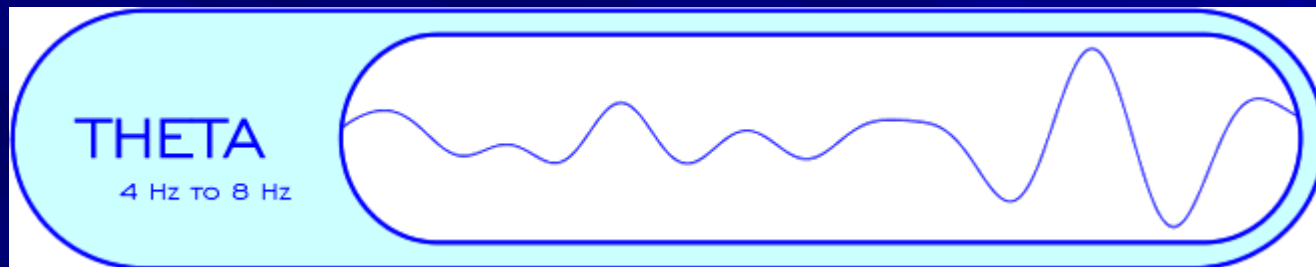
- Our brain is vibrating at different frequencies with different wavelengths.
- We can learn to focus our brain waves to be more effective through meditation and mindfulness techniques



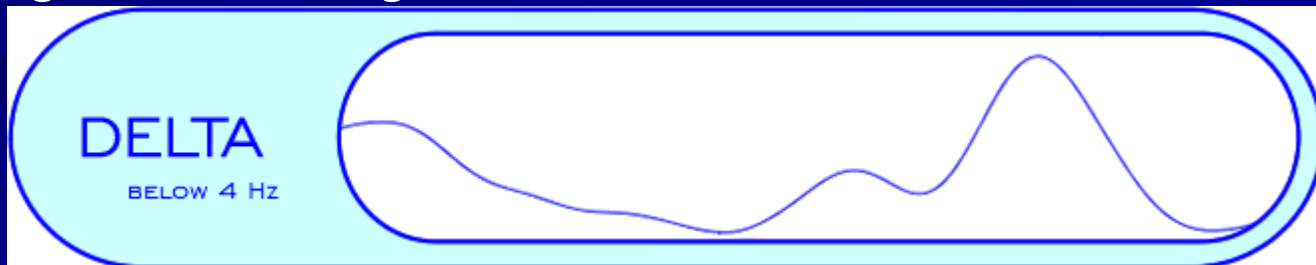
Alpha brainwaves move towards deep relaxation, imagination and intuitive thinking



Beta brainwaves are engaged when the brain is aroused or processing activities



Theta brainwaves can indicate drowsiness, daydreaming, the first stage of sleep or 'indirect' imagination/thinking



Delta brainwaves can reveal deep sleep or slow-wave 'background' thinking.

Meditation

- The brain has the capacity to operate on more than one frequency range at any given time.
- In fact all four rates can occur at once, yet at varying amplitudes. A good analogy would be to relate each brainwave state to a string on a violin.
- All four strings make notes, yet one or more strings can dominate the overall sound at a greater volume.

Meditation

- Meditation and Mindfulness is learning how to focus our thinking and access different states of consciousness
- Coming into a state of rest which is living in full love, joy and peace
- Having a lifestyle of rest not stress

Meditation

- Matt 11:28 “Come to Me, all who are weary and heavy-laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light.”

Meditation

- Come to Jesus and take on His yoke and be connected to learn from Jesus who is the Truth
- Being gentle and humble in heart
- Finding rest for our souls
- Being mindful is living in a state of perpetual rest

Meditation

- Psa 23:1 The Lord is my shepherd, I shall not want. 2 He makes me lie down in green pastures; He leads me beside quiet waters. 3 He restores my soul; He guides me in the paths of righteousness for His name's sake.

Meditation

- Relationship with God means we can lie down cease DIY activity and be in a place of peace by quiet waters so He can restoration of our souls and guide and directs our daily lives so we can be blessed and successful

Meditation

- When in a love relationship with God we learn to trust that He wants the best for us
- We can rest in God's provision for us, His protection of us and His purpose and direction for our daily lives

Meditation

- Living Loved, Loving Living, Living Loving
- Living loved – knowing true love
- Loving living – knowing true joy
- Living loving – knowing true peace
- Living in love, joy and peace is being in rest in a meditative state with access to a deeper level of consciousness

Meditation

- John 13:34 I give you a new commandment, keep on loving one another just as **I have loved you** - my love for you is the source of your love for one another.
- Giving and receiving love is the key to happy and abundant life

Meditation

- John 15:9 The love of the Father for me is my love for you - **abide in my love for you!** 10 By treasuring the prophetic conclusion of my life you will remain **constantly engulfed in my love** even as I treasure the completeness of my Father's prophetic purpose and **abide in his love embrace.**

Meditation

- John 15:11 I have spoken these things unto you so that **my joy** will continuously infuse you - you don't have to invent your own if you can tap into mine! **This is the ultimate bliss!**

Meditation

- Phil 4:8 Finally, whatever is true, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

Meditation

- John 15:12 I advise you to discover your love for one another mirrored in my love for you; this is the conclusion of my mission.
- The world will see God when they see real love in us

Meditation

- John 14:27 **Peace** be with you! I give you my own **peace** - this is not the kind the world gives - this is **peace** in the midst of troubled times; therefore you have nothing to fear! Let not your hearts be timid.

Meditation

- Phil 4:7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.
- We cannot be at peace if we are at war with someone or something and angry

Meditation

- Rom 12:17 Never pay back evil for evil to anyone. Respect what is right in the sight of all men. 18 If possible, so far as it depends on you, **be at peace with all men**
- Search my heart God for areas of unforgiveness and anger

Meditation

- In my daily engagements with God within, in heaven and in eternity I discovered some keys to living in love, joy and peace and living in a state of rest and wellbeing
- 7 step meditation process to create a state of rest

Meditation

- Begin with God - YHVH being in us
- John 4:14 but whoever drinks of the water that I will give him shall never thirst; but the water that I will give him will become **in him a well of water** springing up to eternal life.” – Spirit of Truth

Meditation

- John 7:37 “If anyone is thirsty, let him come to Me and drink. 38 He who believes in Me, as the Scripture said, ‘From his innermost being will flow rivers of living water.’” 39 But this **He spoke of the Spirit**, whom those who believed in Him were to receive

Meditation

- John 14:19 **In that day** you will know that we are in seamless union with one another! **I am in my Father, you are in me and I am in you!** 23
whoever loves me will treasure my words and know my Father's love and we will come face to face with this one and **make our home**

Meditation

- John 14:20 In that day you will know that I am in My Father, and you in Me, and I in you. 23 ... We will come to him and make Our home with him.
- Now Jesus is in us all and we are all in Him do we know it?

Meditation

- We all have an inbuilt need for love and therefore God who is love
- We all have emotional needs to be cared for, accepted, affirmed, comforted and approved of.
- When these needs are fulfilled we live in a state of wellbeing rest

Meditation

- 7 Step Meditation Rest Exercise
- 1. Love – feeling compassion
- 2. Joy – feeling thankful and grateful
- 3. Peace – Forgiveness and blessing
- 4. Surrender- Being living sacrifices
- 5. Engaging destiny – having clear vision
- 6. Framing life - creating reality
- 7. Living in blessing and empowerment

Meditation

- God breathed into Adam and God continues to breathe into us
- Rhythm of life is the breath of life the name of YHVH
- Breathe out YOD
- Breathe in HEI
- Breathe out VAV
- Breathe in HEI



Rest
Meditation
Mindfulness
preparation

Meditation

- Close your eyes, think about and focus on your breathing and begin to slow down to the rhythm of YOD HEI VAV HEI
- Breathe in deeply the breath of God and exhale slowly YOD
- Breathe in deeply HEI and exhale slowly VAV
- Breathe in deeply HEI - repeat

Meditation

- Focus on breathing slowly be still and rest listen to God's voice
- Psa 46:10 Be still and know that I am God
- Be still and know that I am love
- Be still and know that I am joy
- Be still and know that I am peace



Rest
Meditation
Mindfulness
Preparation



Meditation

- 1. First love – Living Loved
- Keep breathing slowly now focus your thoughts on God who is love
- Think of being loved, cared for, accepted, affirmed by your loving heavenly Father. Feel God's love compassion and comfort for you

Meditation

- Rev 3:20 Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me.
- Focus your thoughts on the door within you and picture it

Meditation

- Choose to open that door and invite the Father, Son and Spirit into your spirit to fill you with love
- A river of love begins to flow be immersed in the Spirit's love
- Jesus and the Father hug you putting their arms around you and you start to sink deeper into love's embrace

Meditation

- You begin to feel cocooned safe resting in God's arms of love.
- Feel love's warmth flowing into your spirit.
- Feel love flowing deeper and deeper filling your spirit with love's very essence.

Meditation

- You feel filled to overflowing with love drink in that life giving stream the Spirit of pure love
- Choose to take Jesus' yoke on your shoulders and feel joined to Him as a son and coheir at rest
- Now choose to surrender the control of your life to the Father

Meditation

- Feel love like a river flow out through your spirit into your soul.
- Feel that love begin to saturate your soul filling your emotions, mind and will
- Choose to surrender to love and begin to feel totally at rest

Meditation

- As you feel love relax and begin to feel love flow through your body bringing it into rest
- Now feel love flow over your body from your head flowing down your neck and shoulders to your chest all the way to the tip of your toes.

Meditation

- Now intentionally release that love like a flowing river through you creating an atmosphere of love around you
- Direct the flow of love out to the different areas of your life; family, community, friends, neighbours, Ekklesia to the world

Meditation

- Love is flowing like a river from your innermost being creating an atmosphere of love that overshadows your life
- You are in a state of bliss living loved
- You are resting in a deep sense of being loved

Meditation

- 2. Joy Gratitude thankfulness -
Loving living
- Continue to relax and begin to think of someone or something you are thankful for. Release your gratitude

Meditation

- Think of someone who has been kind to you or blessed you
- Be grateful you are alive
- Thank God for His love, thank Jesus for dying for you etc.
- Feel joy fill you and saturate you

Meditation

- Feel that joy filling your soul
- Feel that joy flowing over your body from your head to your toes
- Release your gratitude as a flow of joy from the inside out
- Fill the atmosphere around you with joy

Meditation

- 3. Peace Forgiveness - Living Loving
- Focus on Jesus words
- John 14:27 Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful

Meditation

- Think of anyone or anything that has disturbed you, frustrated you, annoyed you, upset you, hurt you.
- Now picture them and consciously choose to forgive and release them.
- Visualise that person, say to them I forgive and release you and bless you.

Meditation

- Hear them say I receive your forgiveness. Repeat if necessary.
- Now think of anyone you may have hurt, upset or annoyed and ask them to forgive you and hear them say, I forgive, release and bless you.

Meditation

- Feel peace filling you taking you deeper into rest
- Feel the peace flow slowly over your body from your head to your toes
- Release forgiveness like a flowing river out into the world create an atmosphere of forgiveness around you

Meditation

- 4. Surrender – Living sacrifices
- Start to think about Romans 12:1
Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship

Meditation

- Feeling at rest, safe and secure
consciously choose to surrender
your free will to God's will
- Choose to surrender to recovery
- Choose to present yourself as a
living sacrifice to the Father
- See yourself lying on the altar

Meditation

- Start to think about Psalm 139:1 O Lord, You have searched me and known me.
- Sense God's amazing loving desire for you knowing everything about you and wanting the best for you for you to be whole

Meditation

- Start to think about Psalm 139:16
Your eyes have seen my unformed substance; and in Your book were all written the days that were ordained for me, when as yet there was not one of them. 17 How precious also are Your thoughts to me, O God! How vast is the sum of them!

Meditation

- His amazing thoughts about you start to flow around your mind
- His truth beginning to penetrate any strongholds and lies
- His thoughts beginning to change and align your thoughts to His thoughts

Meditation

- Knowing that you are loved and accepted start to think about Psalm 139:23 Search me, O God, and know my heart; Try me and know my anxious thoughts; 24 and see if there be any hurtful way in me, and lead me in the everlasting way.

Meditation

- Ask the Father to search your heart and reveal any anxious thoughts or iniquitous ways
- Ask the Father to deal with anything that will hinder you fulfilling your destiny or recovery today
- Ask the Father to reveal the desires of His heart to you

Meditation

- Think about Rom 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Meditation

- Turn your heart towards seeking first the kingdom of God
- Tell the Father that you only want to do what you see Him doing
- Allow the Father to transform you by renewing your mind and conforming you to sonship

Meditation

- 5. Engaging your destiny Resting in surrender with love, joy and peace
- Focus your thinking on your day and receive a scroll with your destiny for today – to recover
- Think of today as an opportunity and a pleasure

Meditation

- Think of your day and think about it in love, joy and peace
- Today you live loved
- Today you love living life brings you joy
- Today you living loving at peace and in forgiveness

Meditation

- Think of your scroll sense any specific mandates for what the Father is doing in you, around you and through you today choose to place it in your heart
- Choose only to do what you see the Father doing
- His will is nourishment to your soul feel His strength fill you

Meditation

- Think about your day and rest.
Choose to accept your destiny
relax and feel the joy and pleasure
of the Father's heart
- Your destiny today is filled with
love, joy and peace - recovery
- Look at your day from rest

Meditation

- Feel desire rise in your heart overflowing with love, joy and peace bringing fulfilment in rest
- Visualise being blessed to be fruitful, successful and fulfilled at home, community, work and in recovery everywhere you go grace and mercy go before you

Meditation

- 6. Framing your life in peace
- Think of what you will be doing today and think being successful
- See the possibilities for you to be fruitful today and choose that reality to manifest around you today

Meditation

- Eph 2:6 and raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus,
- Focus on the scroll and desire in your heart and think about sitting at rest on your mountain throne feel the love, joy and peace

Meditation

- Let the desires of the Father's heart for you fill you with passion and excitement for your day
- Begin to frame your day from the desire of your scroll and the reality you have chosen with the favour and blessing of God, declare success, call for the alignment of heaven and earth

Meditation

- Think about your day and begin to see what you need and see the reality of blessing
- Begin to call forth the provision for today
- Declare that you have all that you need to fulfil all that you are called to do today.
- Call forth connections with the angelic realm and cloud of witnesses

Meditation

- Release the sound and frequency of rest out into creation that will attract fruitfulness
- Feel peace and contentment rise up in your heart
- Release that peace like a river into the atmosphere around you.

Meditation

- 7. Blessing and empowerment
- Hear the Father's words of affirmation "You are my beloved son or daughter in whom I am well pleased and in whom my soul delights"
- Step into YHVH the Lion Ox Eagle Man
- Feel the pleasure of the Father's heart for you and for destiny today

Meditation

- Hear the Father say I bless you My son to be fruitful today. I empower you to prosper and succeed today to increase, overcome and rule
- Feel the light of love energising you, feel the energy and power of God's presence pulsating within you

Meditation

- You are in YHVH and YHVH is in you.
Your identity and position is of the heavenly Order of Melchizedek
- You are joined to the Lord and one spirit with Him
- You are a house of God and a gateway of heaven into the earth

Meditation

- Feel and sense the abundance of life within you
- Be at rest fulfilled and contented being filled with love, joy and peace
- Release the flow of abundant life as a river flowing from your innermost being into the world around you

Meditation

- We begin with YHVH in us and we end with being in YHVH. The cycle where the beginning and the end meet in fruitfulness and recovery
- When we step into the name of YHVH we are royal priests of the order of Melchizedek and we live in the power of His name